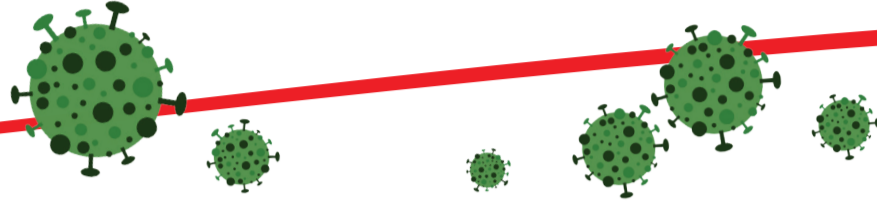
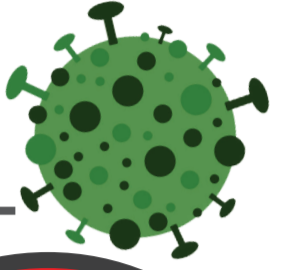


WHAT IS **SELF-ISOLATION?**



- Self-isolation is when you either stay at home or in a room without **coming into contact with other people**
- If you are infected (tested positive) or have been in contact with an affected person(s), you must stay in self-isolation for a **period of 14 (Fourteen) days**
 - Do not come into contact with people;
 - Keep the area ventilated by opening a window;
 - Stay hydrated – drink plenty of fluids;
 - Keep up your vitamin and mineral intake;
 - Eat healthy meals



HARMONY
COVID-19 HOTLINE
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