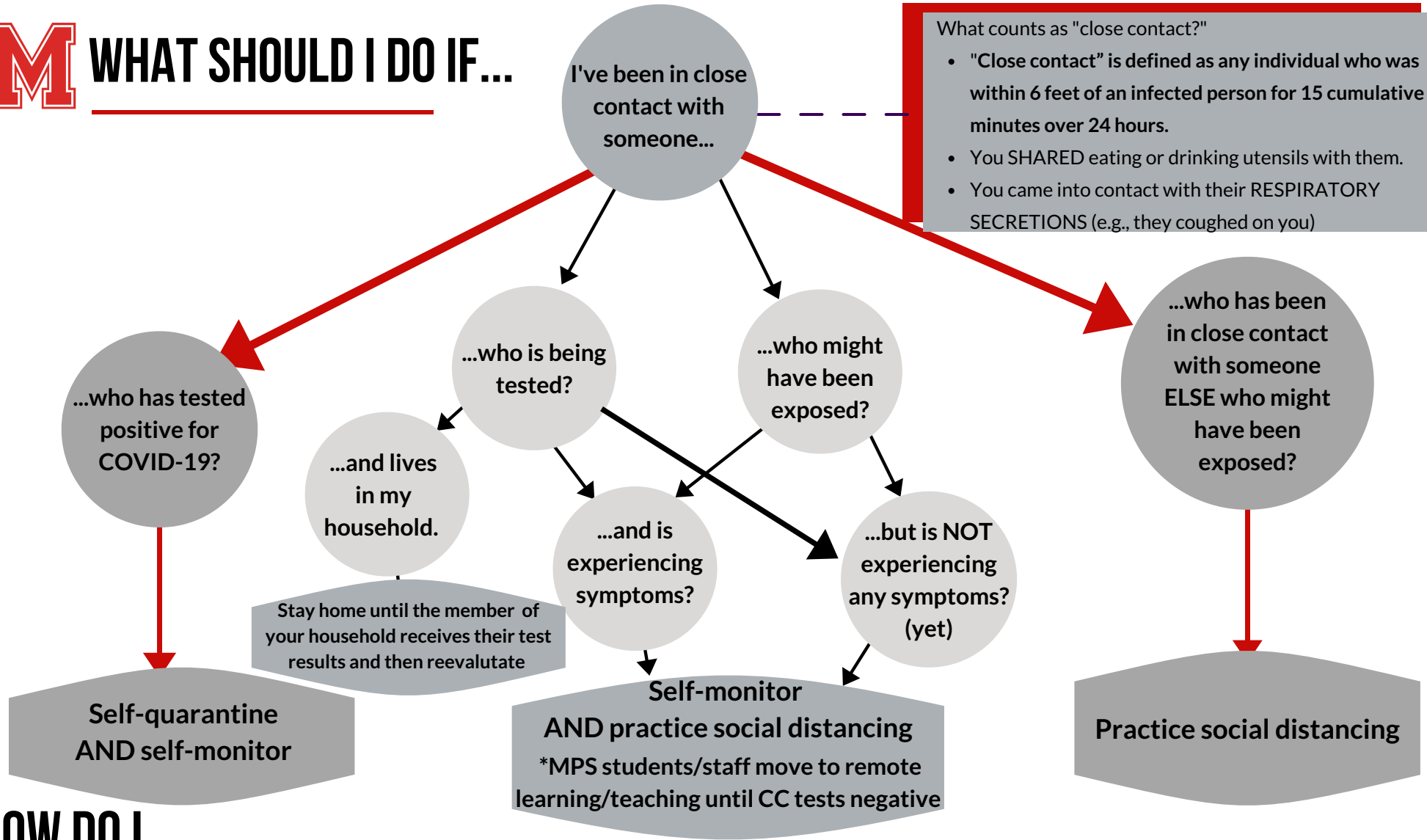


M WHAT SHOULD I DO IF...



HOW DO I...

- | | | |
|--|--|---|
| <p>...self-quarantine?</p> <p>STAY HOME for 14 days.
 AVOID CONTACT with others.
 DON'T SHARE household items.</p> | <p>...self-monitor?</p> <p>BE ALERT for COVID-19 symptoms
 RECORD YOUR TEMPERATURE every morning.
 CALL doctor if you have trouble breathing or a 100 fever.
 DON'T seek medical treatment without calling first.</p> | <p>...practice social distancing?</p> <p>STAY HOME as much as possible.
 DON'T physically get close to people or groups; try to stay at least 6 feet away.
 DON'T hug or shake hands.
 AVOID frequently touched surfaces</p> |
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