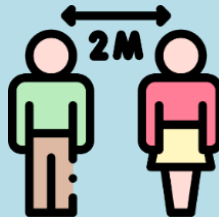


Recommendations for Self-Quarantine



Stay Home and don't allow visitors



Keep a safe distance from others



Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



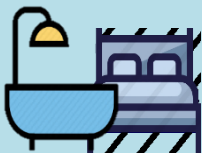
Wash your hands Frequently with soap and water for at least 20 seconds



Wear a face mask when surrounded by people



Don't share the same house utensils



Use separate bedroom and bathroom if possible



Take your temperature at least 2 times a day



Place used facemasks, and other contaminated items in a separate container before disposing them



Be collaborative with the concerned authorities and report your temperature and symptoms, following their instructions



In case of health deterioration and emergencies call the red cross and notify them you are infected with coronavirus



If you need to seek medical care for other reasons, such as dialysis, call ahead your doctor and follow recommendations