Self-isolation guide for caregivers

**COVID-19**

- **Hand hygiene:**
  - **Wash your hands:** Use soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

- **Face mask:** Wear a mask when you go out in public spaces.

- **Trash disposal:** Dispose of used masks and other waste properly.

- **Social distancing:** Maintain a distance of at least 2 meters from others.

- **Stay home:** Stay home if you have symptoms of illness or are exposed to someone with COVID-19.

- **Seek medical care:** Contact your healthcare provider if you have symptoms of COVID-19 or if your condition worsens.

- **Travel restrictions:** Avoid international travel if possible. If you must travel, follow travel guidelines and quarantine upon arrival.

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