

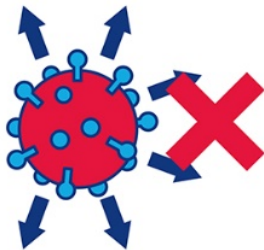
How to self-isolate

An Easy Read guide



Self-isolation means you don't:

- leave your home
- see other people.



This helps stop the spread of COVID-19.

How to self-isolate



You should only leave your home:

- to go to a doctor or hospital
- because of an emergency.



While you self-isolate you should not have any visitors.



But you can still let people who give you care and support into your home.



The people who give you care and support should wear a mask.

While you self-isolate you should:



- stay in the same room most of the time



- clean things you touch after you use them



- use a separate bathroom if you can



- only use your own towels.



Wherever possible, wear a mask if you are with other people.



You should wash your hands:

- with soap and water
- for at least 20 seconds.



You should wash your hands after you:

- use the toilet
- cough
- sneeze
- take off gloves or masks
- prepare or eat food
- touch your face.



If you can't wash your hands, you can use hand sanitiser.



You should also keep in touch with your:

- carers and family members
- friends.

Get more information



You can find more information about self-isolation online.



www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/self-isolation



You can call the National Coronavirus Helpline to get more information about COVID-19, or the COVIDSafe App.



1800 020 080



You can also call Service NSW about support from the NSW Government during COVID-19.



13 77 88

You can call us:



- 24 hours a day
- 7 days a week.



www.nsw.gov.au

You can use the National Relay Service
if you:



- are deaf
- have a hearing or speech impairment.



You can call the National Relay Service on
133 677



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