### Do’s
- A minimum of 14 days of isolation is MUST
- Isolate in a well-ventilated room with attached bathroom
- Maintain 2m distance if you’re staying with others in same room
- Wash hands every 2hrs with soap or sanitizer for 20-40sec
- Clean toilet with 1% Hypochlorite or Lysol solution daily
- Stay hydrated and drink plenty of fluids
- Dispose used mask and other waste separately
- Cover mouth with tissue or cloth while coughing & sneezing
- In case of symptoms call 104 immediately

### Don’t
- Avoid all kinds of social gatherings
- Do not meet visitors, unless absolutely necessary
- Keep away from common areas in the house
- Don’t touch your face frequently
- Refrain from shaking hands with others
- Don’t share household items with family
- Do not reuse disposable masks
- Don’t interact with elderly, pregnant women, children & persons with chronic illness within the household
- Don’t use surgical mask for more than 6-8 hours

Dept. of Health, Medical, & Family Welfare, Government of Andhra Pradesh