

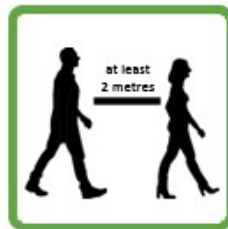
March 24, 2020

COPING IN SELF-ISOLATION

Social (physical) distancing means avoiding close contact with others to prevent the spread of COVID-19. Self-isolation means staying home and avoiding personal contact with others.



Create and maintain a schedule



Get some fresh air if you can. Sit outside. Go for walk but maintain 2 metre distance from others.



Choose your news sources wisely. There is a lot of misinformation on social media.



Text, call, email, video call your friends and family



Working at home? Keep regular hours.



Do things you enjoy/can accomplish - wash windows, sort your closet, plant some seeds, play board games...

www.saskatchewan.ca/covid19



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