

# How to Safely Leave Isolation for Essential Needs

It is critical that you only leave isolation for essential needs such as meal/food pick-up, trash disposal, laundry, and medical care.

Before leaving make sure you have all required protective coverings:

- 1** Don a well-fitting disposable mask that covers both your nose and mouth
- 2** Apply bandages to any skin lesions, including those on the face and neck
- 3** Wear long sleeves and long pants
- 4** Thoroughly wash your hands and put on impermeable, disposable gloves such as those made with nitrile material

While outside of isolation, maintain physical distance to the best extent possible. Avoid conversation and interaction with others.

Once you have fulfilled your essential need, you must immediately return to isolation.