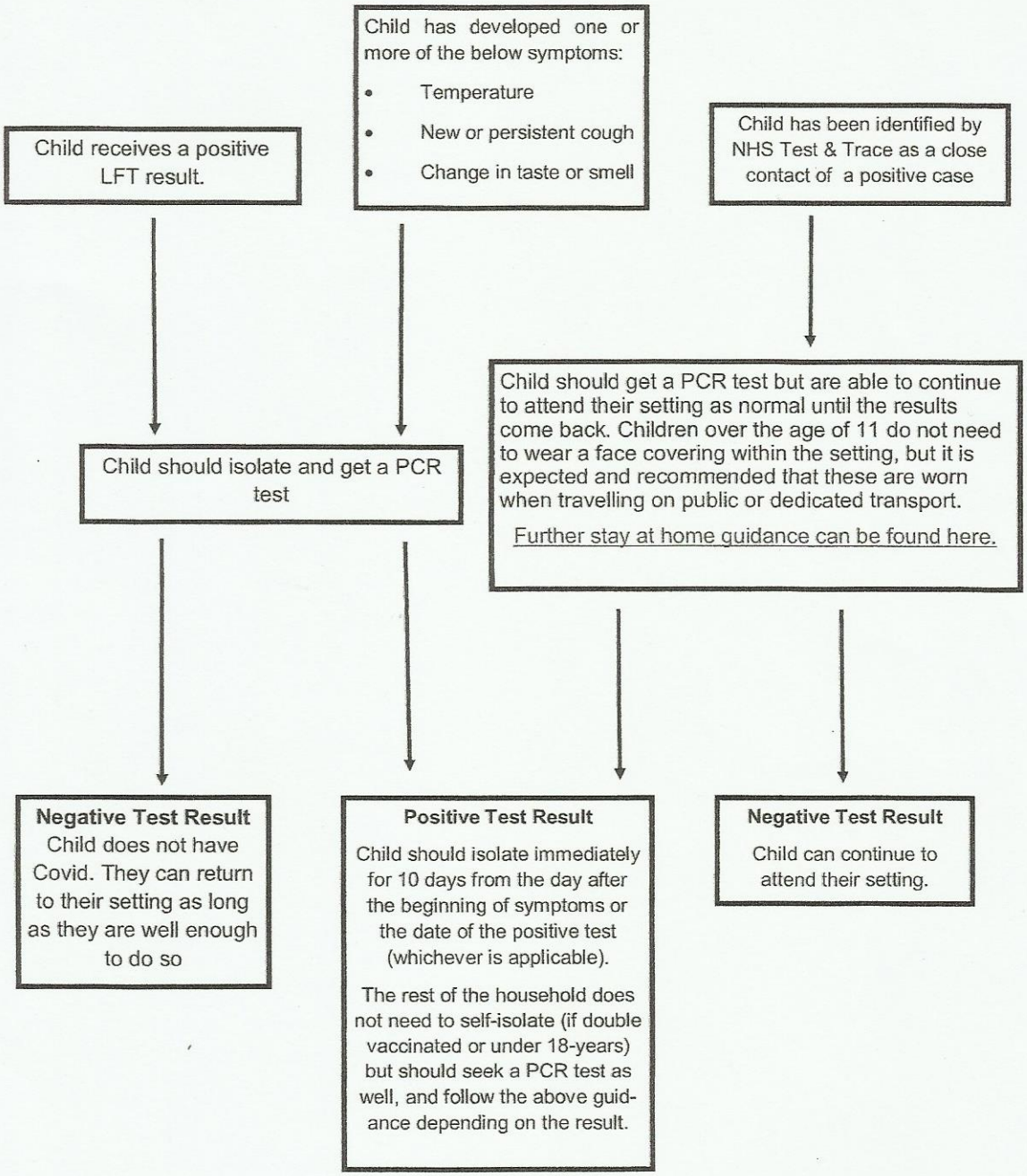Self-Isolation and Testing Guidance