

CORONAVIRUS DISEASE (COVID-19)

INFORMATION FOR HOME ISOLATION

TO PROTECT YOURSELF AND THOSE AROUND YOU FROM THE POSSIBLE SPREAD OF INFECTION, YOU ARE KINDLY REQUESTED TO COMPLY WITH THE FOLLOWING RECOMMENDATIONS AND UNDERGO A 14-DAY PERIOD OF HOME ISOLATION.

If you do not feel any symptoms:



Choose a separate room, preferably with a separate ensuite bathroom, and ventilate it regularly.



Don't share the rest of the house with the other family members.



Refrain from receiving visitors.



Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and warm water.



Do not leave the house. If you have to, do not use public transportation such as the bus or metro.



Only one family member should be allowed to provide you with the care and service you may need.



Whoever takes care of you should wear a facemask and use regular gloves whenever they enter your room, and dispose of them after use and wash their hands regularly, especially after leaving your room.



Put a plastic bag inside the trashcan in your room, and close it tightly before disposing it.



A healthcare worker from the Ministry of Public Health will telephone you on daily basis.



Hand Hygiene: Wash your hands often and thoroughly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.



Follow cough etiquette: Cover your mouth and nose with a tissue when you cough or sneeze, or use your flexed elbow. Throw used tissues in a lined trash can, and immediately practice hand hygiene.

IF YOU START TO FEEL FLU-LIKE SYMPTOMS INCLUDING FEVER, COUGH, OR SHORTNESS OF BREATH



PLEASE CALL THE MINISTRY OF PUBLIC HEALTH HOTLINE ON 6674 0951 OR 6674 0948

