



# HOME QUARANTINE

## What is home quarantine?

Quarantine is when you are well but may have been in contact with someone with COVID-19.

You must avoid contact with others and quarantine at home for **14 days** to prevent the spread of the virus.



## Quarantine means you:

Must not leave your home except:

- in an emergency
- to obtain essential medical care



Must not go into public places including work and shops



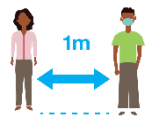
Must not let anyone into your home unless they:

- usually live with you
- are entering to provide medical care



## How to quarantine?

Stay in your own room - if you can't do this, keep 1 metre distance from others at all times.



Use a separate bathroom, if possible.

Avoid shared areas and items such as utensils, drinking cup and glass, towels, etc.



Wear a mask when in the same room as others.



Have a supply of healthy food, water and any prescription medicine.



## Preventing infection during home quarantine



Wash your hands frequently with soap and clean water for at least 20 seconds.

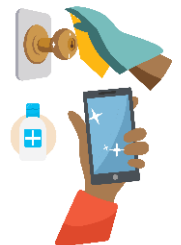


Cover your coughs and sneezes with a bent elbow or tissue. Throw tissue immediately into a bin with cover.



Avoid touching your eyes, nose and mouth.

Clean places that you touch with bleach or alcohol disinfectant solution: door handles, phones, laptops, bathroom, toilet, light switches, etc.



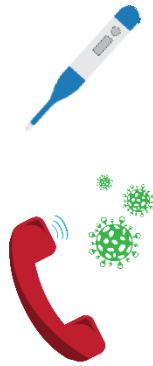
Wash your clothes and beddings in hot water (at 60-90 degrees if possible) with regular detergent.



## Monitor your health during quarantine

Monitor your symptoms daily.

If you develop a cough, fever or shortness of breath, call the COVID-19 toll-free hotline **1-800200** immediately.



## Planning home care in case you get COVID-19

If you test positive for COVID-19, your doctor will make recommendation on your care either at home or at the hospital.

Consider who will take care of you if you do become sick.



## Quarantine and vulnerable people

People over 60 and people with underlying medical conditions are more likely to get very sick from COVID-19.

Arrange support from family, friends, neighbors and healthcare professionals for your care if you become sick.



## Your well-being

Quarantine is important to stop the spread of COVID-19 – but it can be stressful and boring.

Look after your well-being and mental health.

Keep in touch with family members and friends via telephone, email or social media.



Where possible, keep your normal daily routines that can be done while in your room, such as reading and pursuing a hobby.

Eat a healthy diet and get plenty of fluids.

Exercise regularly.



Arrange to work from home if this option is available to you.



As of 24 June 2020