REF: TNH/COVID19/SQ/20/03/2020

SELF QUARANTINE – FACT SHEET

What Is Self-Quarantine?

Individual who may have been exposed to COVID19 isolate themselves from 14 days to monitor if they develop symptoms which include, fever, coughing & difficulty breathing.

Who Should Self-Quarantine?

Any person with any acute respiratory illness (fever, cough or difficulty breathing) AND at least one of the following:

1. A history of travel from or residence in countries with presumed widespread transmission* in the 14 days prior to symptom onset
2. Close contact with a confirmed or probable case of COVID19 in the 14 days prior to illness onset
3. Close contact with an individual with a history of respiratory illness and travel to counties with presumes widespread transmission* within the last 30 days
4. Worked or attended a health care facility in the 14 days prior to onset of symptoms where a patient with hospital-associated COVID19 infections has been reported.

China, South Korea, Italy, France, Germany, Spain, Denmark, Switzerland, Netherlands, Sweden, UK, Austria, USA, Qatar, Bahrain & Iran

What does self-quarantine involve?

1. Stay at home and do not leave for the stipulated 14 days
2. Stay in a separate room from other family members and use a separate bathroom if available. Disinfect surfaces and clothing daily.
3. Ensure the surfaces in the household such as tables, doorknobs, phones, remotes and such like object that are touch often, are cleaned thoroughly or disinfected.
4. Avoid sharing items including utensils, towels & bedding. Wash these items thoroughly after use
5. Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue immediately after use and perform hand hygiene.
6. Wash your hands regularly with soap and running water for at least 20 seconds. In the absence of soap and water, use an alcohol-based hand sanitizer.
7. Do not accept visitors unless the person needs to be in your home
8. Wear a face mask if you must be around other people

If you need medical attention, call Ministry of Health emergency teams on: **0729471414** & **0732353535**.