



What is Self Quarantine?

It is an act of individuals who may have been exposed to Covid-19 separating themselves for 14 days to monitor if they develop symptoms

Who should Self Quarantine?

Anyone who has travelled within the last 14 days to a country with sustained reported covid-19 cases or has had close contact with a person showing Covid-19 symptoms

What does Self-Quarantine entail?

- Stay in a separate room and use a separate bathroom if available. Disinfect surfaces and clothing.
- Ensure the surfaces in the household such as tables, doorknobs, phones and such like items are cleansed thoroughly or disinfected
- Avoid sharing household items, including utensils, towels and bedding. Wash these thoroughly after use
- When you cough or sneeze, cover your mouth and nose with a tissue and safely dispose it
- Wash your hands with soap and running water for at least 20 seconds; if that is not available, clean with alcohol-based hand sanitizer.
- No visitors unless the person needs to be in your home.
- Wear a face mask if you must be around other people