

HOME QUARANTINE GUIDANCE & TIPS

QUARANTINE HELPS PROTECT PEOPLE AROUND YOU. IF HOME QUARANTINE IS ADVISED FOR YOU, FOLLOW THE GUIDELINES:



Wash hands frequently with soap and water and disinfect commonly touched surfaces.



Always wear a face mask when in any shared spaces at home, or when someone needs to enter the room.



Discourage visitors in your home. Talk to family, friends and acquaintances by phone or online.



Preferably, use separate bathroom and toilet facilities or tend to use these facilities last.



Eat meals separately and use your own plates, cups, glasses and cutlery.



Maintain physical distance of at least 1 meter and avoid face to face interactions.



Ask your employer, friends or family for their help with getting food/essential supplies. Do not leave the premises during the quarantine period, unless accessing health services.



Measure your temperature daily. A temperature of 37.5 ° c and above, is considered a fever. Preferably sleep in a separate bedroom.



Wash clothes and linen separately.

If you or any member of your family fall sick during quarantine, call your attending Public Health Officer or 141 for assistance.



Ministry Of Health