



How to Self-quarantine after Possible Exposure to COVID-19

Who should self-quarantine

The Health Authorities recommend self-quarantining only if you have reason to believe you've been exposed to the virus. For instance, if you feel healthy but have recently come into close contact with someone who has COVID-19, it's time to self-quarantine.

What is close contact?

- Face-to-face encounter with a probable or confirmed case.
- Within less than 1.5 meters.
- For 15 minutes or more.
- Both were not wearing masks.

How to self-quarantine

Based on what's currently known about how long symptoms last, the recommended length of quarantine is **14 days from the day of direct contact**. The goal is to prevent inadvertently spreading the virus to others by separating yourself long enough to determine whether or not you're infected and showing symptoms.

1. Stay home for 14 days after the exposure.

You'll need to restrict your activities outside of your home, including going to work, public areas or using public transportation.

Only leave the house if you need to see your doctor and you have called ahead to discuss and plan your appointment.

2. Separate yourself from the people you share your home with.

If possible, stay in a separate room that is well ventilated.

Use a separate toilet and bathroom or if you have to share make sure it is cleaned with soap and water or diluted bleaching agent (Dilution ratio 1: 5)

Maintain social distance especially if someone you live with is **higher risk for severe illness**.



3. Wash your hands often.

Practicing proper hand hygiene can help prevent the spread of the virus. Wash your hands after blowing your nose, sneezing or coughing. In addition, avoid touching your face.

4. Don't share your stuff.

Avoid sharing the following items with people in your home:

- Beddings
- Dishes, drinking glasses and utensils should be washed thoroughly with soap and water prior to re-use.
- Towels, including hand towels in the kitchen and bathroom.

5. Disinfect commonly touched surfaces every day

Early evidence shows that the new **coronavirus can live on surfaces** for hours or even days in some cases.

At least once per day, be sure to clean and disinfect commonly touched surfaces around your home, including: Bathroom fixtures, counters, door handles, keyboards, phones

To disinfect surfaces, you can use common household cleaner (soap and water) or a **diluted bleach solution** (ratio 1 part of bleach to 5 parts of water).

6. Monitor your symptoms

Twice a day, take your temperature to check for a fever (**>37.5 degrees**).

Also, take note if you're beginning to cough, experiencing shortness of breath, fatigue, head ache, muscle ache, loss of taste and smell. You may or may not experience COVID-19 symptoms (fever, sore throat, loss of smell and /or taste, coughing, shortness of breath and fatigue) during your quarantine.

If you do begin experiencing symptoms:

- Wear a **face mask** when you're around people or using common spaces in your home.
- Cover your coughs and sneezes and immediately wash your hands afterward.
- Contact your health care provider (**SUMC HOTLINE 0701 668 193**) or use **telemedicine** to seek guidance from home.

7. Maintain good diet and exercise program

Stay well hydrated

Eat a healthy diet that contains fresh fruits and vegetables

Stay active



8. Use telemedicine or call ahead before seeing your doctor

If you begin experiencing symptoms and/or need medical advice from a health care provider, consider trying telemedicine (**SUMC HOTLINE 0701 668 193**) first. If you need to go to your doctor's office, let your care team know ahead of time that you may have COVID-19. This will help the team take the precautionary steps needed to protect other people from being exposed to the virus.

By carefully following these tips, along with guidance from the MOH and public health officials, you can help slow the spread of COVID-19 and protect your friends and loved ones, as well as those most at risk of severe infection.

9. Concerned you may have COVID-19?

If you're experiencing COVID-19 symptoms, you can call the (**SUMC HOTLINE 0701 668 193**) 24/7. The SUMC Team will be able to help you determine if testing is needed and advise you on what to do next.