

## QUARANTINE DAILY PRACTICES

Sleep in your own room, if possible.

Use your own plate, bowl, and utensils – do not share these or food with anyone.

PROVINCIAL COVID 19 HOTLINE  
**0800 535 554**



## HOW TO QUARANTINE AT HOME

Isolate for 14 days, which is now revised down to 10 days.

If possible, stay and sleep alone in a room that has a window with good air flowing through.

You can talk to other family members and go outside, but you should stay at least 2 meters away from everyone at all times.

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## ISOLATION

Isolation takes place within a medically observed environment, especially people who are sick. This is where a Covid19 person is not allowed to interact with any other person but restricted to specifically reserved wards for Covid19 persons.

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## HYGIENE PRACTICES TO FOLLOW

Keep the 2-metre distance from other people at all times.

Wash your hands before and after preparing food, before and after eating, and frequently throughout the day. Wash your hands with soap and water for at least 20 seconds.

Cover your mouth with cloth or paper when coughing or sneezing.

Your linen can be cleaned with detergent and water. Wipe down surfaces that you touch frequently with soap and water or household cleaners.

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## SELF- QUARANTINE BATHROOM GUIDE

If possible you should use your own toilet and bathroom

Clean and disinfect bathroom at least once a day

If you do not have your own toilet and bathroom, regular cleaning of a shared toilet and/or bathroom is required

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## SELF ISOLATION

Self-isolation refers to a voluntary act of home-based quarantine by any person who might or might have not been exposed to COVID-19 to contain the possible spread of COVID-19.

Self-isolation can be applied to and by any person to curb the spread of COVID-19.

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# HOW TO QUARANTINE AT HOME

You should not have visitors at your house during this time.

One family member should be assigned as your caregiver. This exposes less of your family and also ensures that you and the caregiver can develop good habits so that they do not catch the virus from you.

If these procedures are not possible, you should contact your health care worker or clinic for alternative options.

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