

COVID-19 Quarantine

Do's



Stay at home in a separate room from others or in a designated quarantine center.
No visitors



Rest, hydrate and eat healthy foods



Keep in touch with family and friends through social media, calls and text messages



Monitor your health for symptoms including:

- Fever - Cough - Fatigue

If you develop symptoms, follow your nation health advice. **If you have difficulty breathing, seek medical attention immediately**



Don'ts



Go to work, school, or university



Go to religious gatherings or other places of worship



Catch taxis, buses or any other public transport



Participate in social or sports activities, family gatherings and weddings



Share food, drinks, utensils cups with others



Go to cafes, restaurants, markets or other such places

