



## Quarantine information

You have received this information sheet because you and/or your family has received a letter (order) from the Health Department placing you under **home quarantine**.

### Why is this measure being taken?

There is good reason to suspect that you and/or someone in your family has been infected with the novel coronavirus.

The Health Department has made the decision to place you under mandatory home quarantine to prevent the spread of infection to others.

The virus can be very dangerous for certain people, most notably the elderly and people with underlying medical conditions or a weakened immune system.

### What does quarantine mean?

Quarantine means that you are not allowed to leave your accommodation, not even to go for a walk or shopping.

You need to remain in your room. You may not take part in any leisure activities either.

### How long will I need to remain in quarantine?

Your quarantine will likely last for a period of two weeks. The Health Department will determine the exact end date.

### Am I allowed to leave my room?

No. You may only leave your room to use the bathroom located in the corridor.

### How should I behave?

Wash your hands frequently and use tissues if you have a runny nose.

If you are sharing a room with one or more people, keep your distance and avoid physical contact.

### What does that mean for my family/friends?

You can maintain contact via mobile phone with friends and family who are not staying in the same room as you.

### How will I receive my meals?

Employees will bring meals to your room. You are not allowed in the canteen.

### What should I do if I feel ill?

Employees will check in on you on a regular basis to see how you are doing.

Let someone know if you require medical assistance. The doctor will come to see you in your room.