



Patient information leaflet

- what is a home quarantine?

If you are quarantined at home, follow these instructions:

- Stay at home.
- Do not go out to do some shopping.
- If you have any pets, ask your family or friends to take care of them for the duration of quarantine (if possible).
- Do not meet any other people and do not invite anyone to your home.
- If you live with your family, limit your contact with them as much as you can, and keep a safe distance of at least 2 metres.
- Use separate dishes from other people at home.
- If it is possible, use a separate bathroom/toilet than the rest of the household members. If you do not have such option, disinfect the toilet/bathroom after each use with available cleaning products.
- Air your home several times a day.
- Stick to the rules of hygiene.
- Wash your hands frequently and disinfect touch surfaces such as worktops, door handles, telephone screens.