

This notice is for those who in being 'self-quarantine' to the early detection of 2019-nCov Infection and to prevent the community transmission.

Please comply with the following guidelines.

**Self-quarantine guidelines**

- **Prohibit, to leave outside the quarantine area**
- **Stay alone in an isolated area.**
  - Open the window frequently to ventilate with keeping the door closed, and eat by yourself.
  - If possible, do not share an area(bathroom, sink) with others.
  - ※ If you use a common bathroom and sink, disinfect after use (with a home disinfectant such as chlorine bleach)
- **In case of necessity to go out, please inform the public health center first.**
- **Avoid contact with family members or cohabitant.**
  - If inevitable, do not face each other, wear masks, and keep at least 2m distance.
- **Use personal items (personal towel, tableware, mobile phone, etc.)**
  - Wash clothes and bedding separately and don't use it before it is cleaned.
- **Comply with the precautions.**
  - Comply with personal hygiene recommendations
  - Wear a mask when coughing.
  - If you don't have a mask, cover with your sleeve, and wash or sanitize hands after coughing or sneezing.

- Public Health center will check your symptom on active monitoring. keep the self-monitoring for a period of 14 days from contacting to confirmed cases.

- **How to monitor health conditions by oneself?**
  - Check your temperature every morning and night and any respiratory symptom.
  - Inform your symptom to the Public health center.
- **What are the possible symptoms?**
  - Main symptom are fever (over 37.5 °C), respiratory symptoms (coughing, sore throat, etc.), and pneumonia.

☞ If symptoms are developed or worsened, contact the public health center KCDC call center (1339).

※ Local health center: \_\_\_\_\_ Staff: \_\_\_\_\_ Phone number: \_\_\_\_\_

This notice is for family and cohabitant of who's being self-quarantine

Please comply with the following guidelines.

#### Guidelines for family and cohabiters of self-quarantined

- **Avoid contact with the person that is in being self-quarantine.**
  - Contact is strictly prohibited for those with low immunity, including seniors, pregnant women, children, those who have chronic diseases, cancer, etc.
  - Visitors are restricted.
- If you can't avoid being in contact with the person in self-quarantine, wear a mask and keep at least 2m distance.
- **Stay in an area independent from self-quarantine area, and ventilate the shared area frequently.**
- **Wash hands frequently using water and soap or hand sanitizer.**
- **Use personal items separately from the person in self-quarantine (tableware, cup, towel, bedding, etc.)**
  - Wash clothes and bedding used by suspected cases separately.
  - Separate tableware of suspected cases.
- **Clean the surface that is frequently touched**, such as table top, doorknob, bathroom tools, keyboard, bedside table, etc.
- **Pay close attention to the health condition of suspected case.**

☞ If symptoms are developed or worsened, **please contact the public health center or KCDC call center (1339).**

※ Local health center: \_\_\_\_\_ Staff: \_\_\_\_\_ Phone number: \_\_\_\_\_

\* **Symptoms of 2019-nCov infection: Fever (over 37.5 °C), respiratory symptoms (coughing, sore throat, etc.), pneumonia**