

PREVENT & CONTROL THE ACUTE RESPIRATORY DISEASE COVID 19 INSTRUCTIONS FOR QUARANTINE AT HOME, PLACE OF RESIDENCE

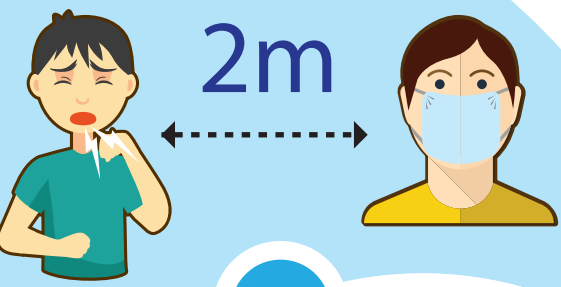
PEOPLE WHO LIVE WITH QUARANTINED PERSON NEED TO ACTIVELY IMPLEMENT



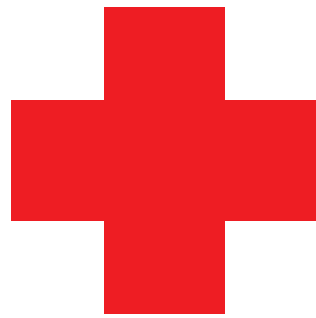
Immediately inform medical staff when the quarantined people has one of the following symptoms: fever, cough, difficulty breathing



Always wear a mask and keep a distance of at least 2 meters when in contact with quarantined people.



Limit interaction with the quarantined people



Daily clean the floor, surface of door handles in the house with common detergents

Do not organize crowded activities at home, place of residence

Help, encourage and share worries with quarantined people during the quarantine period



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THE QUARANTINED PEOPLE MUST COMPLY WITH THE FOLLOWING REGULATIONS

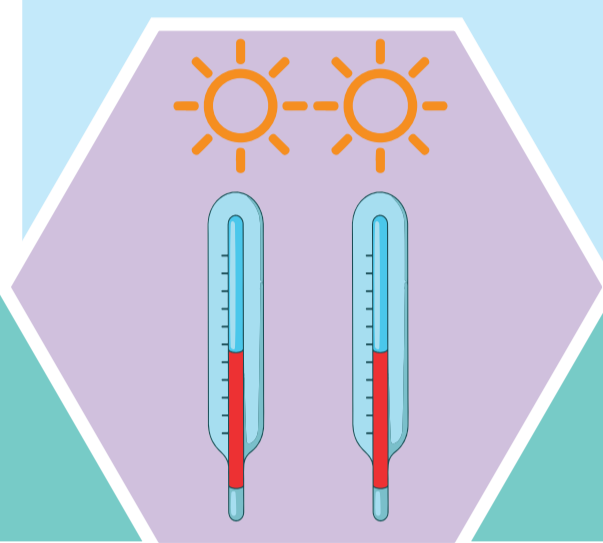
Comply the self - quarantine at home, the place of stay during assigned period of time, the best way is to quarantine in **a private room.**



Quarantine rooms should **ensure ventilation, regular cleaning,** limiting the furnishings in the room.



self-monitor your health; take your temperature at least 2 times (morning, afternoon) a day.



Restrict going out of the quarantine room, Limit direct contact with others. Take personal hygiene measures: **wear a mask properly, wash your hands often** with soap and clean water.



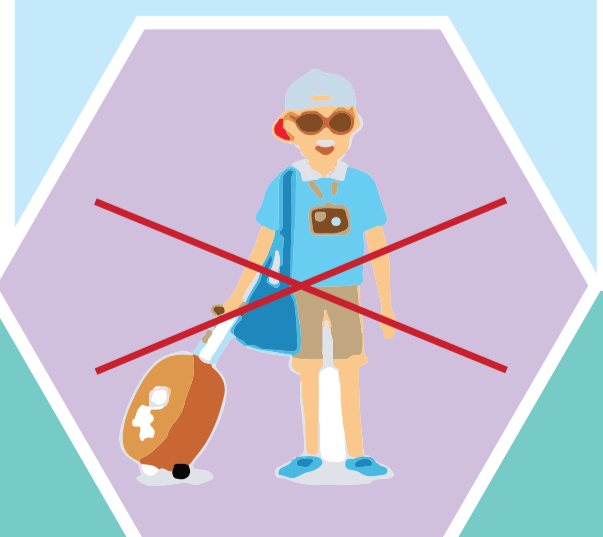
Notify medical staff of your health status every day.



Immediately notify medical staff as soon as there is one of the symptoms: fever, cough, difficulty breathing.



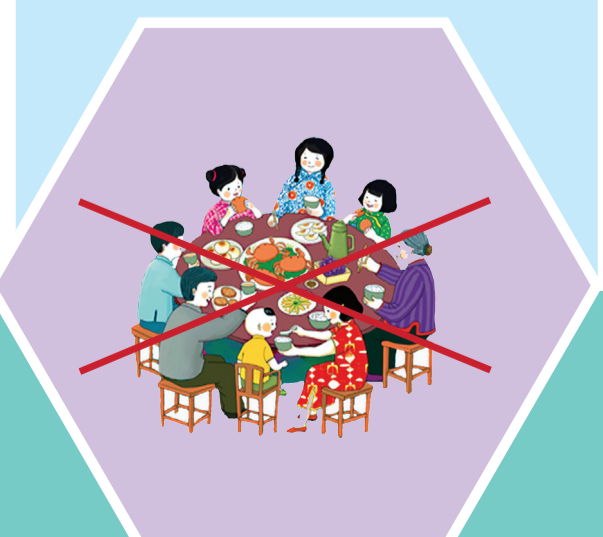
No one is allowed to leave the house or residence stay during the quarantine period



Quarantined people must **discard used masks, towels and tissues** into personal garbage bags and store them in the corner of the room.



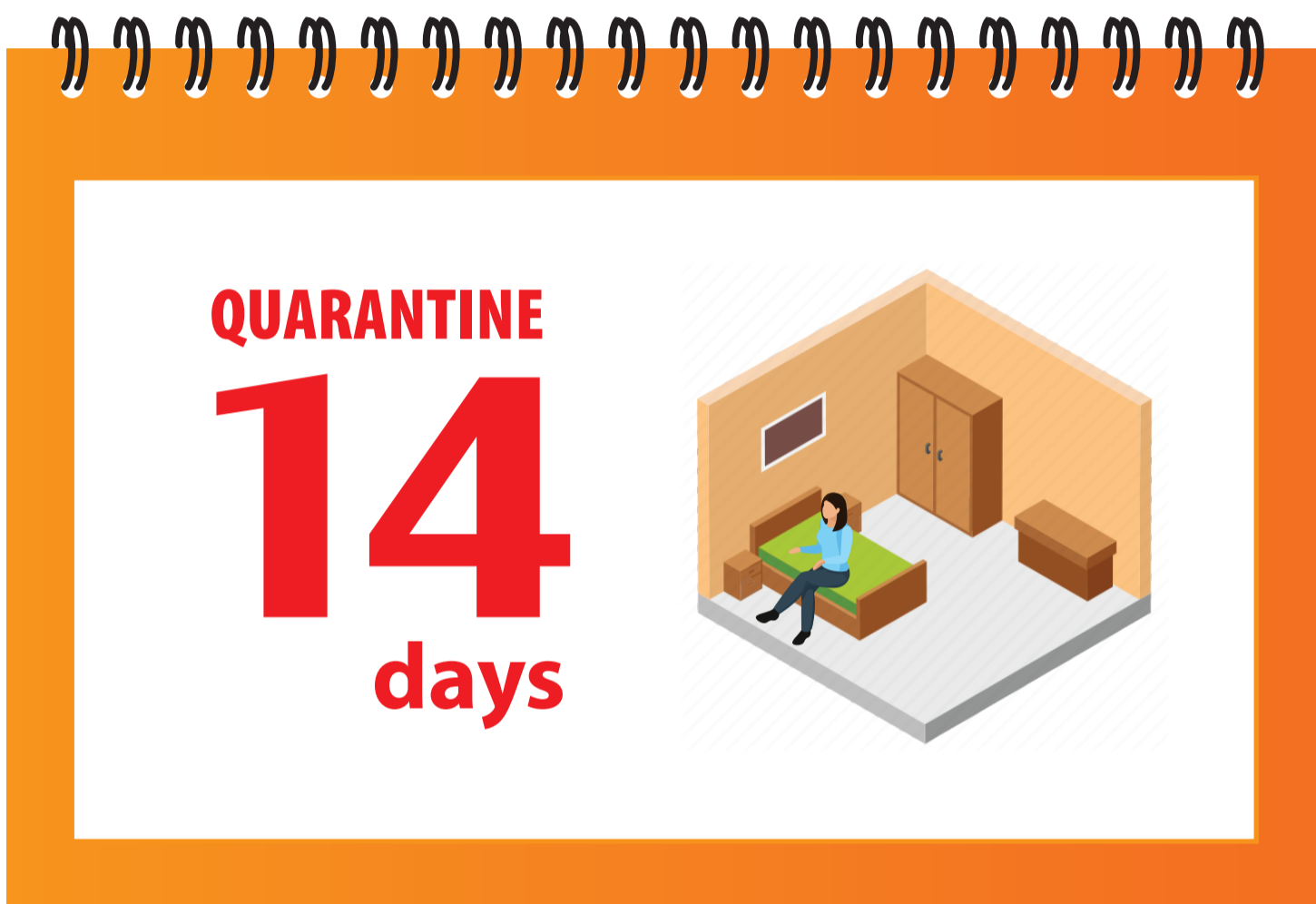
Do not eat, share personal belongings, eating and drinking utensils with other people in the family or place of residence.



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QUARANTINE TIME AT HOME, PLACE OF RESIDENCE

Maximum quarantine period is 14 days, being counted from the date of last interaction with COVID-19 infected or suspected person or from **the date of entry into Vietnam**.



When a suspected person is diagnosed negative for COVID-19, **the related people will be free from quarantine.**

