

Guidelines for monitoring your health at home and accommodation

This guide to monitor your health for early detection of signs of illness from the moment it appears, in order to restrict infection to other people around you. Duration of monitoring your health is 14 days, being counted from the date of the last exposure to the risk of infection or from the date of entry into Vietnam.

If you are required to monitor your own health at home, you need to do the following:

1 Always take proactive measures to prevent infection such as:

- Wear a mask when interacting with others



- Wash your hands often with soap and water or disinfectant solution (when soap is not available)

- Wear and remove the mask properly, put the mask in the dustbin after use



- Close your mouth and nose with a handkerchief or tissue when coughing, sneezing and blowing your nose.



- Keep your house well ventilated by opening all doors and windows

- Regularly clean the accommodation, residence, workplace, frequently contact surfaces such as desks, door-knobs, etc. with common antiseptic.



2 Limit going out, if going out, you must wear a mask

3 Limit going to crowded places

4 Monitor your health daily. When detecting one of the symptoms such as fever, cough, shortness of breath, wear a medical mask immediately and notify the local health department immediately for assistance.

5 Inform your new address if you change your accommodation or residence.



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CENTER FOR DISEASES CONTROL

