Procedures to be Followed by the Person in Home Quarantine or Isolation

1) Choose a separate room from the rest of the household, preferably with an en-suite bathroom. If a separate bathroom is not available, a shared bathroom can be used with others after making sure that it is cleaned and disinfected upon each use, and to ensure to open windows and ventilate the room continuously.

2) Avoid contact with other members of your household, and refrain from having visitors.

3) Do not leave the house. For any concern, you must call the designated number by the Ministry of Health (151).

4) Use the phone when you need to communicate with anyone else at home.

5) Don’t share personal items with others and ensure that they are cleaned and sterilized after each use, and to sterilize surfaces and door handles constantly.

6) Do not share towels with other people at home and use special towels, whether for drying after showering or for drying the face and hands.

7) Avoid cooking or preparing food for others, provided that another person at home cooks food to avoid entering the kitchen.

8) Eat in your personal room and avoid eating or drinking with the rest of the house members, or sitting with them.

9) Do not share food utensils with others, and it is preferable to use disposable ones.

10) Wash your utensils separately from other utensils at home.

11) Ensure that there is an airtight trash bin in the room designated for isolation, put a plastic bag in it, and make sure that the bag is sealed tightly before throwing it away.

12) Ensure the availability of adequate supplies of medication at home in case of suffering from a chronic disease.

13) Ask others - household members or friends - to perform tasks on behalf of the positive or suspected case, such as buying food or medicine.

14) Drink enough water (8-12 cups per day).

15) Ensure that you get enough sleep and rest.

16) Wash your hands with soap and water frequently using the correct technique for at least 20 seconds, or use a hand sanitizer containing at least 60% alcohol in the absence of soap and water.

17) Avoid contact with any animal in the house, especially if there are other people coming into contact with it as well.

18) Ensure that there is an air tight trash bin in the room designated for isolation, put a plastic bag in it, and make sure that the bag is sealed tightly before throwing it away.

19) Use the phone when you need to communicate with anyone else at home.

20) Don’t share personal items with others and ensure that they are cleaned and sterilized after each use, and to sterilize surfaces and door handles constantly.

21) Do not share towels with other people at home and use special towels, whether for drying after showering or for drying the face and hands.

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