

## How to live and sterilize home environment with who are quarantined or self-monitored

1) People who live in the same house should often wash their hands with soap and water for at least 20 seconds or use 70% alcohol gel.

2) Avoid close contact with people who are quarantined or self-monitored and isolate bedrooms

3) If you need to (be in close contact) with people who are quarantined or self-monitored, you should wear a fabric mask or hygiene mask and (keep a distance of more than one meter)

4) Do not share personal belongings with people who are quarantined or self-monitored

5) If you need to have a meal with people who are quarantined or self-monitored, you should eat from separate dishes and maintain a distance of more than one meter.

6) Clean clothes, sheets, towels, and other items with detergents and water.

7) Clean the accommodation with 5% bleach solution (1 part of bleach with 99 parts of water) or clean the surface with 70% alcohol and wear things for self-prevention such as gloves, masks and safety glasses

8) Observe your symptoms for 14 days after your last contact with people who are quarantined or self-monitored

## How to monitor your symptoms during quarantine and under self-observation at home.

Check your body temperature every day.

Observe your fever ( $\geq 37.5^{\circ}\text{C}$ ) and respiratory symptoms (cough, sore throat, difficulty breathing) and signs of fever



If you have a fever accompanied by at least one of these symptoms, you are to inform a disease control officer immediately.



Record your health status every day in report system



Health care provider will monitor you every day

