



# GUIDELINES FOR HOUSEHOLD MEMBERS OF PERSON UNDER SELF-QUARANTINE

- Appendix 4 to COVID-19 Response Guidelines 9-2 Edition -



## **Avoid contact with the person subject to self-quarantine as much as possible.**

- Those with lower immunity (e.g. the elderly, pregnant women, infants and children, people with chronic illnesses, cancer, etc.) should especially avoid coming in contact with person in self-quarantine.
- Visitors are not allowed in self-quarantine area. This includes family members who do not live with you.  
※ For special circumstances such as caregiver visits, contact your public health center officer first



## **Make sure that everyone in your household wears a mask at home at all times.**

(You can take off your mask if you are in complete physical isolation from other household members.)



## **If contact with self-quarantined person is unavoidable, keep a 2-meter distance, wear a mask, and face away from each other.**



## **Stay in an independent space physically separated from the person subject to self-quarantine, and ventilate all shared spaces frequently.**



## **Wash your hands frequently with water and soap or with hand sanitizer.**



## **Keep your own personal items (e.g. tableware, cups, towels, bedding, etc.) separated from those of the person subject to self-quarantine.**

- Wash clothes and bedding of the person subject to self-quarantine separately from other laundry.
- Wash tableware and bedding of the person subject to self-quarantine separately from other items.  
Make sure the items are not used by other people before they have been completely washed.



## **Clean the surfaces of frequently touched objects such as table tops, door knobs, bathroom tools, keyboards, bedside tables, etc.**



## **Closely monitor the health conditions of the person subject to self-quarantine.**



## **If you work in a\*community facility or come in frequent contact with a large number of people at work, it is recommended that you try to find a way to reduce or limit your work activities during your household member's self-quarantine period.**

\*Community facilities include schools, private cram schools, kindergartens, social welfare facilities, postnatal care facilities, medical institutions, etc.

## Common symptoms of COVID-19



fever (37.5 degrees or above)



coughs, difficulty in breathing



chills, muscle pain, headache



sore throat



loss of smell or taste



pneumonia, etc.