



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.