Self-Quarantine Guideline

This guideline is provided **for those who cooperate in self-quarantine to detect any COVID-19 infection possibilities and blocking its spread to the local community**.

O **Going outside is prohibited.**

O **Stay alone in an isolated space.**
- With the door closed, open the windows as often as possible for ventilation and eat alone.
- Use your own bathroom if possible.

* If you have to use a shared bathroom/toilet, disinfect it with disinfectants before others use it.

O When inevitable (such as visits to hospital), report the reason you must go out and its estimated schedule to the local public health service center.

O Do not contact or converse with family or roommates.
- When inevitable, make sure that all parties must wear a mask at all times and do not face each other, maintaining a distance of 2 meters.

O Use your own stuffs only (towels, tableware, mobile phone, etc.).
- Laundry (clothes and blankets, etc.) must be handled individually.
- Tableware (spoons, chopsticks, forks, etc.) must be separated and wash them before others use them.

O **Make sure to follow COVID-19 prevention guideline.**
- Wash or sterilize your hands as often and thoroughly as possible.
- Wear a mask all the time if you have a fever or any respiratory symptoms (coughs, breathing issues, etc.).

During the self-quarantine period, your local public health center will contact you to check your symptoms. You are required to self-monitor your health status until it exceeds 14 days from the date you contacted the confirmed case, in the following way:

O How exactly do we self-monitor ourselves?
- You should measure your body temperature and monitor if you have developed any suspected symptoms every morning and evening.
- The local public health center will contact you more than once a day and you should report any symptoms you have.

O What kind of symptoms may develop?

- Fever (higher than 37.5℃), fatigue, sore throat, respiratory symptoms (coughs, breathing difficulties, etc.), and pneumonia are major symptoms of COVID-19.

☞ **If you develop any suspected symptoms or if the symptoms get severe, you must contact your local community health center or KCDC call center (1339).**
Gwanak-gu Public Health Center: 02-879-7131/7133
Jongro-gu Public Health Center: 02-2428-3552
SNU Health Service Center (Gwanak): 02-880-6340 (daytime), 02-880-5342 (nighttime, weekends and holidays)
SNU Health Service Center (Yeongeon branch): 02-740-8108
SNU Institution Coordinator Name: Phone Number:

Date: Year Month Day
Name: (Signature)