

## Self-Quarantine Guideline (revised on August 20)

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.**

- Visitors (including family members who do not live together) cannot enter the quarantine place.
- \* Where necessary (emergency care, nursing, etc.), visits may be allowed upon confirmation of the local public health service center.

### **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 (toilet and sink).
- \* 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 All family members and roommates who reside together in the same place must wear a facemask all the time, except when one stays alone in an isolated room.**

### **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.).

### **O Install "Self-Quarantine Safety Protection App".**

\* If you do not follow the quarantine policy (e.g. unauthorized travels during the quarantine period), you will be required to wear a wrist band that synchronizes with the app; if you refuse to, you will be forced to be isolated in the designated facility. In case you refuse to install the app or do not own a mobile phone, you may be isolated too. (Accommodation fee may be charged.)

### **O Wastes from the room where the quarantine subject stays must not be recycled together with other wastes, but processed in compliance with the waste management guideline.**

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°C), coughs, breathing difficulties, chill, muscle pain, headache, sore throat, loss of auditory/olfactory senses or pneumonia are major symptoms of COVID-19.
- Other symptoms may include fatigue, loss of appetite, phlegm, digestive symptoms (missing, vomiting, diarrhea, etc.), chaotic feeling, dizziness, runny nose or nasal congestion, glands, chest pains, conjunctivitis, skin symptoms, etc.

**☛ 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