

Recommendations Related to the New Coronavirus (COVID-19) for Persons in Self-Isolation

What should people in self-isolation do to protect their health and the health of people around them?

If it is considered necessary to place you in self-isolation, you should follow the following rules:

- Be in isolation for 14 days from the last date of exposure to the disease (a representative of the relevant public health authority will help you to determine the duration) and control your own health;
- No visitors and guests are recommended in the self-isolation area;
- Transfer of food through indirect contact is permitted.
- If other person(s) are in the same living space with you, contact with them should be minimal. No close contact within 1 meter for more than 15 minutes is permitted.
- During isolation you should have separate utensils (a cup, plate, spoon, etc.), towel, bed;
- You are allowed to make telephone calls and use the Internet;
- During this time, the relevant public health authorities will monitor you. Health monitoring will be carried out without direct contact - by self-measuring the temperature, in case of detecting symptoms – by self-reporting;
- If you have clinical signs of fever and/or respiratory viral infection, you shall immediately refer to an inpatient (referral) establishment of infectious profile;
- If you need urgent inpatient medical care due to non-transmittable diseases (e.g. surgical, gynecological, etc.), you will be transported to the clinic by a special vehicle and placed in the inpatient box until the expiry of the isolation period;
- In general, melancholy, stress, confusion, fear or anger are normal during a crisis. At such times, you can talk to people you trust. Contact your family, friends.
- Do not use tobacco, alcohol or other substances to cope with emotions.
- Follow a healthy lifestyle** - eat healthy, rest, be physically active, and be in social contact with your dear people by phone or email.

For more information you can call:

1505 (24/7) - Ministry of Internally Displaced Persons from the Occupied Territories, Labour, Health and Social Affairs of Georgia or visit the website: www.moh.gov.ge;
<https://www.facebook.com/mohgovge/>

116001 (Monday-Friday, 10: 00-18: 00) - National Center for Disease Control and Public Health or visit the website: www.ncdc.ge;

<https://www.facebook.com/ncdcgeorgia/>

Each person's responsibility is important!

Protect the health of you and the people around you!

Wish you health!