

This guideline is for those who are under self-quarantine. Please follow the guidelines below to prevent the infection of Novel Coronavirus and to discover the symptoms earlier.

**Please cooperate the following the rules below to prevent the infection of Novel Coronavirus.**

### Self-quarantine Manual

- Do not go out in order to prevent the transmission of infection.
- Please stay alone in a separate space
  - Please close the door and open the window regularly to refresh the air, and eat alone.
  - Please use a space with a separate toilet and sink which you can use only.
  - ※ If you are using a public toilet and sink, please disinfect after use.
- Please contact health care center in advance to check your condition.**
- Do not make any contact with your family or anyone living together in any reason.
  - If it is unprovidable, wear a mask, do not face together and keep 2m distance to each other.
- Use personal belongings(personal towers, tableware, phones)
  - Single laundry for clothing & bedding
  - Separate your table wear, etc. so that no one uses before washing it.
- Please follow health care rules.**
  - Be extra careful about your personal hygiene by properly washing and sterilizing your hands
  - Wear a mask when you cough.
  - If you do not have a mask, cover your mouth with your sleeve, and wash or sterilize your hands after coughing or sneezing.

■ **A health center will contact you everyday to check your health condition during the self-quarantine period. Please cooperate and self-monitor your condition until 14days since the day you have contacted the confirmed patient.**

- How do I self-monitor?**
  - Measure your temperature every morning and night, and check your condition such as respiratory symptoms or any other symptoms of infection.
  - When the health care center will contact you once or more a day, please sincerely report your symptom.
- What kind of symptoms may I experience?**
  - **Fever**(37.5 °C or higher), Respiratory symptoms(Sneezing, sore throat, etc.), Pneumonia are the main symptoms.

☞ If any symptom appears or gets worse, contact the health care center or make a report by calling the call center(☎ 1339 - no local number necessary)

This guideline is for those who live with a person under self-quarantine provided to prevent the infection of Novel Coronavirus by discovering the symptoms earlier.

**Please cooperate and follow living rules below.**

### Manual for family & housemates of a person under self-quarantine

- Family and housemates also should not to contact with the person under self-quarantine as much as possible.
  - Contact is prohibited for the people with low level of immunity like elders, pregnant women, children, patient with chronic disease or cancer, etc.
  - Limit the visit from other visitors.
- If it is unavoidable to make contact with the person under self-quarantine, wear a mask and keep distance of 2m from each other.
- Please live in a separate space from the person under self-quarantine, and refresh the air of the communal space as frequently as possible.**
- Wash or cleanse your hand with water and a soap, or with a sanitizer as frequently as possible.**
- Please separate household items from them(table wears, cups, towers, beddings, etc.)**
  - Wash your clothings and beddings separately.
  - Separate the table wear, etc. which the persons under self-quarantine uses so that no one uses before washing it.
- Clean the surface of the objects(table, doorknobs, bathroom, keyboard, bed table, etc.) frequently.
- Check the health condition of the persons under self-quarantine carefully.**

☞ If the symptom appears or gets worse from the person under self-quarantine, please contact the health center in charge or report at a call emergency call center(☎ 1339 - no local number necessary)

\* **Symptoms of Novel Coronavirus : Fever(37.5 °C or higher), respiratory symptoms(coughing, sore throat, etc.), pneumonia.**