Guideline for Self-quarantine Patient

Avoid outdoor activities to prevent the transmission of infection
※ If you are in self-quarantine, please cooperate in preventing transmission of infection under the Infectious Disease Control and Prevention Act.
※ You could be fined up to 3 million won by the Article 80 (Penalty).

Stay alone in an isolated place
- Keep the door closed and open the window frequently to ventilate.
- Eat by yourself.
- If possible, stay in the place with a bathroom and sink that you can use alone. (If you share a bathroom and sink, disinfect them after use with a home disinfectant such as chlorine bleach).

If you need to go out to see physicians or for other inevitable reasons, you must contact the local public health center (the public health officer in charge) first

Avoid contact with family members or cohabiters (speaking, etc.)
- If inevitable, do not face one other, wear masks, and keep your distance at least two meters.

Use personal items (personal towel, utensils, mobile phone, etc.)
- Do not wash your clothes and bedding with others.
- Make sure no one uses your personal items before washing them separately.

Comply with the health guidelines
- Follow personal hygiene practices (washing hands, sanitizing, etc.)
- Wear a mask when coughing.
- If you don’t have a mask, cover your mouth and nose with your sleeve when coughing.
- Wash or sanitize hands after coughing or sneezing.

While you are in self-quarantine, your local public health center (the public health officer in charge) will contact you to check your symptoms and conditions.
Please monitor and record your symptoms until you are released from quarantine.

How to monitor symptoms

✓ Take the temperature every morning and evening
✓ Check your health condition for any symptoms of infection, such as respiratory symptoms, and record them on the monitoring form (Form 6)
✓ Inform your local public health center (the public health officer in charge) of your temperature and symptoms when they contact you (2 times a day or more)

Major Symptoms of COVID-19

✓ Fever (over 37.5 °C) ✓ malaise ✓ Sore throat ✓ Respiratory symptoms (cough, difficulty in breathing, etc.) ✓ Pneumonia