Guidelines for family and cohabiters of a self-quarantined person

- Avoid contact with the person who is in self-quarantine as much as possible.
  - Contact is strictly prohibited for those with lowered immunity, including seniors, pregnant women, children, sufferers of chronic diseases and cancer, etc.
  - Restrict visitors

- If you can’t avoid being in contact, wear a mask and keep at least 2 meters distance.

- Stay in an area independent from self-quarantine area, and ventilate the shared area frequently.

- Wash hands frequently using water and soap or hand sanitizer.

- Use personal items separately. (tableware, cup, towel, bedding, etc.)
  - Wash clothes and bedding of suspected infectee separately from others’
  - Separate tableware of suspected infectee, so others don’t use it before it is cleaned.

- Clean the surface that is frequently touched, such as table top, doorknob, bathroom tools, keyboard, bedside table, etc.

- Pay a close attention to the health condition of suspected infectee.

---

Major Symptoms of COVID-19

- Fever (over 37.5 °C)
- Respiratory symptoms (coughing, sore throat, etc.)
- Pneumonia