



REPUBLIC OF KENYA
MINISTRY OF HEALTH

What is Self-quarantine?



- It is an act of individuals who may have been exposed to COVID-19 separating themselves for 14 days to monitor if they develop symptoms.

Who Should Self-quarantine

- Anyone who has traveled within the past 14 days to a country with sustained reported COVID-19 cases or has had close contact with a person showing COVID-19 symptoms.

What does self-quarantine entail?

- Stay in a separate room and use a separate bathroom if available. Disinfect surfaces and clothing.
- Ensure the surfaces in the household such as tables, doorknobs, phones and such like items are cleaned thoroughly or disinfected.
- Avoid sharing household items, including utensils, towels and bedding. Wash these items thoroughly after use.
- When you cough or sneeze, cover your mouth and nose with a tissue and safely dispose it.
- Wash your hands with soap and running water for at least 20 seconds; if that is not available, clean with alcohol-based hand sanitizer.
- No visitors unless the person needs to be in your home.
- Wear a face mask if you must be around other people.
- If you need medical attention, call Ministry Of Health emergency teams on: **0729471414** and **0732353535** for help.