



QUARANTINE RELATED TO SARS-CoV-2

**FOLLOW THE RECOMMENDATIONS OF THE HEALTHCARE SERVICES
AND HEALTHCARE PROFESSIONALS**

EPIDEMIOLOGICAL SUPERVISION - observation with no limitation on the freedom of movement - it applies to healthy individuals, who e.g. have come back from particularly affected areas.

QUARANTINE - isolation of healthy individuals (without signs or symptoms of infection) who have been exposed to infected people or people suspected of being infected. It can take place at home or at another designated facility.

ISOLATION - isolation of infected individuals who developed signs and symptoms of COVID-19 infection at the department of infectious diseases or at another designated facility.

YOU MUST NOT LEAVE YOUR PLACE OF RESIDENCE DURING QUARANTINE.
People who breach their quarantine will be fined to PLN 30,000.

Why are people after high-risk contact put into quarantine?

- to see if people after potential exposure develop signs or symptoms of the disease,
- to protect other people in case coronavirus infection is confirmed, especially elderly people, those with cardiovascular diseases and immunosuppressed individuals.

How long does quarantine last?

14 days, starting from the day of contact with individuals suspected of coronavirus infection, not longer than necessary, but for a period sufficient to determine that the person has certainly not been infected and poses no threat to others (the so-called virus incubation period).

How should you obtain basic necessities (e.g. food, water, medicines) for the period of quarantine?

- Stock up on food, water, medicines, cosmetics and other necessities; try to get them online or ask a close person for help – but avoid contact – if necessary, keep a distance of at least 1–1.5 m.
- for the benefit of people who live alone, especially the elderly – check to see if anyone around you needs any support. However, take the recommended precautions.

What can you do during quarantine?

It depends largely on your situation. Working people should contact their employers. It is recommended to work from home, if possible.

What can't you do during quarantine?

- you cannot leave your designated place where you have been put into quarantine; you cannot go for a walk or shopping or invite guests,
- you cannot meet in person with other people – try to contact your close relatives and friends by phone, via social media and other communication channels.



During quarantine remember to:

- follow recommended precautions, including proper and frequent hand-washing with soap and water,
- monitor your health for 14 days, including measuring your body temperature every day,
- be available to employees of the State Sanitary Inspection, who contact people in quarantine by phone to obtain information on their health condition,
- call the sanitary and epidemiological station immediately if you have developed flu-like signs or symptoms (fever, fatigue, dry cough, shortness of breath) – do not go to the hospital, sanitary and epidemiological station, pharmacy or ER on your own,
- be prepared that if flu-like signs or symptoms occur, you may be instructed to stay home in quarantine or be hospitalised at a department for infectious diseases and be tested for SARS-COV-2.

**4 out of 5 people with COVID-19 experience a mild course of the disease.
The average treatment takes approximately 2 weeks.**