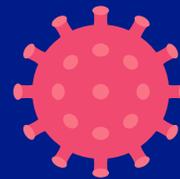


COVID-19 (Coronavirus)



Self-Quarantine Guidance

You have travelled from a country with local transmission of COVID-19 and must self-quarantine for 14 days. This document provides details about the disease COVID-19, what it is, what the symptoms are, how it is spread and what you must do to prevent the spread of the disease.

Read this document thoroughly.

What does quarantine mean?

Quarantine/self-quarantine is used to prevent the possible spread of the communicable disease. Quarantine and self-quarantine mean that a person with no symptoms must stay in their home or accommodation, and must stay one meter or three feet away from others.

Everyone entering Bermuda from any country with local transmission of COVID-19 must be quarantined for 14 days after potential exposure. People must self-quarantine in their home or accommodation.

Quarantine is different from isolation with isolation being a step up from quarantine.

Individuals are isolated when they have symptoms, including fever and cough. Isolated people must stay at home (or in hospital if critically ill) and can have limited contact with others.

Even if a person has a fever and cough, this does not mean they have COVID-19 – further information will be provided to those under quarantine who develop symptoms. Everyone entering Bermuda from countries with local transmission of COVID-19 and symptoms of respiratory illness (fever, cough, or difficulty breathing) are required to be isolated while they have symptoms.

To clarify, when a person is quarantined they don't have the symptoms but are separated from others. When a person is isolated, they have symptoms and are kept away from others. Both of these public health measures are used to prevent the spread of an infectious disease.

What should I avoid while I am quarantined?*

If you are quarantined, you must not leave your house.

This means you should not:

- Go to work
- Visit seniors
- Go to school
- Attend church or church meetings
- Go to the grocery store
- Attend a party
- Go to the movies
- Take the ferry
- Catch the bus
- Attend funerals
- Go to the beach
- Workout at the gym
- Go to the laundry
- Go to the gas station
- Visit restaurants

**not a full list but examples of places you must not visit.*

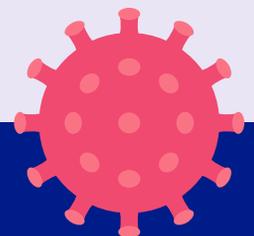
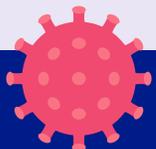
What can I do while I am quarantined?

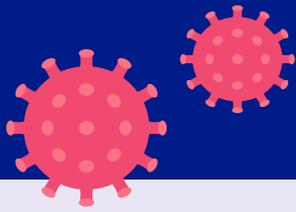
Depending on the nature of your work, you may work from home. You can be in contact with your office and colleagues by phone calls, email, video conferencing and other online channels.

You can go outside your house and sit outside, if there are no other people in the immediate area. You must be one meter (three feet) from others.

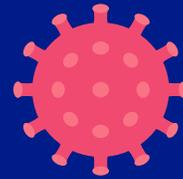
If you need support like getting groceries or buying necessary items and supplies, contact a trusted family member or friend and arrange with them to get the items you need. They must leave the items in a secure location at your home – outside the door. The person must not enter your house. You must not touch that person and you must stay one meter or three feet from that person.

Stay informed on the latest developments about COVID-19 by visiting the Government of Bermuda's website <https://www.gov.bm/coronavirus>





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What should I do if I have an emergency while quarantined?

If you get more serious symptoms suggestive of COVID-19, such as shortness of breath or difficulty breathing, have another serious illness or if an accident happens while in quarantine and you require medical attention, call your doctor and explain the situation.

If you need to go to the hospital and you do not require an ambulance, you can use a private car, a motor cycle or have someone in your household who is already quarantined take you to the Emergency Room. Before you leave home you must contact the hospital so they know you are arriving and the nature of your emergency. When you arrive at the hospital phone again before you enter the building and you will be given instructions on what you should do.

If you require urgent medical attention, phone 911 and let the emergency service personnel know you are under quarantine. This allows the emergency responder to arrange the necessary precautions for the EMTs and Emergency Room staff. This will not delay the emergency healthcare needed.

What about other household members?

Household members can continue with their daily tasks and provide necessities for you.

If there are people in your house who are not under quarantine, you should find ways to separate yourself from those people as much as possible by keeping a one metre/ three feet distance.

If you are able, you should sleep in a room by yourself or at least a separate bed.

If you can, use a toilet and bathroom that no one else in the house uses. If you have to share a bathroom with others, use the bathroom last and then clean it thoroughly.

It is important to practice good hand hygiene together with sneeze and cough etiquette to help reduce the risk of infecting household members.

If you become ill, then you will be isolated and the members of your household must be quarantined.

What are the next steps?

Follow this guidance strictly.

An assigned public health officer will be in touch with you by phone or email to check for symptoms and that you are following the guidance.

Take and record your body temperature twice a day. Use the attached chart to record your temperature and symptoms. You should be prepared to report your daily temperatures and report all symptoms, whether you think they are relevant to COVID-19 or not, to the assigned public health officer.

You will not require testing unless referred by public health or medical personnel. Testing is only required for individuals with COVID-19 symptoms and a travel risk or contact history.

Information about COVID-19

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What are the symptoms of COVID-19?

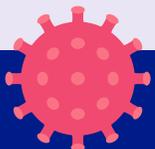
The most common symptoms of COVID-19 are

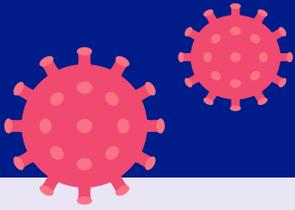
- fever;
- tiredness; and
- dry cough

Some people may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

Most people (about 80%) recover from the disease without needing special treatment. Around one out of every six people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems





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or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention and call in advance.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus.

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces,

then touching their eyes, nose or mouth. If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. Try to maintain at least one metre (three feet) distance between yourself and anyone who is coughing or sneezing.

The risk of catching COVID-19 from someone with no symptoms at all is very low. COVID-19 is not spread by mosquitoes, water, or food.

Where can I go for more information? www.gov.bm/coronavirus



CLEANSE HANDS

Frequently cleanse hands with soap and water or an alcohol-based hand sanitizer.



COVER NOSE AND MOUTH

When coughing or sneezing cover your nose and mouth.



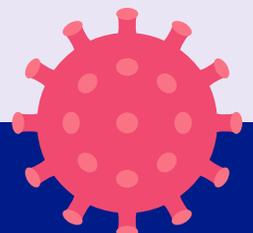
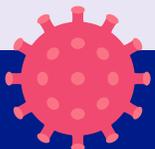
AVOID CLOSE CONTACT

Avoid close contact with people who are sick.



AVOID TRAVEL

If you have a fever, cough or flu-like symptoms, avoid travel.



Symptom and Temperature Log

Complete this log daily for 14 days after you arrive in Bermuda

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you arrived in Bermuda.	
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	

If you get sick, inform your healthcare provider.

Tell them your symptoms and that you are under self-quarantine. You should also inform the person responsible for your public health monitoring when you are contacted.

If you have a medical emergency, call 911. Tell them your symptoms and that you are under self-quarantine.