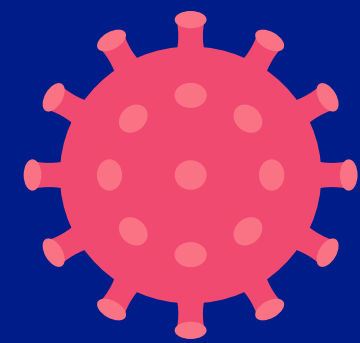


Ten Tips for Mobile Quarantine During COVID-19



Mobile quarantine is the period between when travellers are released from quarantine and their day 14 test results.

1

DO NOT attend events with large groups of people (e.g. weddings, parties, family gatherings)

2

Stay six feet from others. **DO NOT** hug or kiss.

3

Exercise outside and not in a gym or sports club/team.

4

Keep away from crowded places.

5

Wear a mask in all public places.

6

Wash your hands regularly.

7

Keep social bubble small if at all.

8

Choose activities that are outdoors.

9

Stay out of closed spaces with poor ventilation.

10

Protect babies, seniors/persons with chronic conditions by staying outside, wear masks and keep six feet away.

