



COVID-19 Traveller Quarantine Instructions

Please review the quarantine instructions below that you must follow while you are in Bermuda as per the **Quarantine Act 2017 s.11** and the **Quarantine (COVID-19)(No.3) Order 2020**, failure to comply may result in a fine of **\$25,000 and/or imprisonment for up to 6 months.**

Your Instructions Today

You refused a COVID-19 Test on arrival

(Adults and children 10 and older)*

**Quarantine at home or accommodation until you receive a negative result from your day-14 test.
Only leave home/accommodation for testing.**

Your arrival day is considered day 0

**Children 9 and younger must quarantine with parent or guardian*

During your Stay

Standard precautions you must take

Do not leave your home or home or accommodation

Wear a quarantine bracelet

Keep physical distance and wash your hands regularly



Monitor your health daily

Take your temperature twice daily for 14 days

Log your temperature on overleaf

Record any symptoms



If your temperature is over 100.4F or 38C please email: covid19surv@gov.bm



Test on day 14 on: _____ at: _____

A reminder email will be sent 24 hours before your test



If you refuse a test on day 14, you must quarantine an additional 14 days

Frequently Asked Questions

- Your PCR COVID-19 testing appointment on day 14 is booked upon arrival.
- While the above protocols hopefully capture most of the information required, we always know there are specific circumstances that may arise.
- We hope we have answered your questions in our Traveller Frequently Asked Questions at www.gov.bm/coronavirus-travellers
- For more health information or assistance with rescheduling your appointments, please call the COVID-19 hotline at 444-2498 between 9 am – 9 pm

Positive COVID-19 Result

If a traveller becomes COVID-19 positive, is a close contact of a positive person, is symptomatic, or if a traveller is clinically diagnosed at any point, they will be isolated at their accommodation for at least 14 days.

Print Officer Name:

Signature:

Print Traveller Name:

Signature:

For more health information or assistance with rescheduling your appointments, contact COVID-19 hotline on: 444-2498

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		<div><div></div><div></div></div>	
DAY 2		<div><div></div><div></div></div>	
DAY 3		<div><div></div><div></div></div>	
DAY 4		<div><div></div><div></div></div>	
DAY 5		<div><div></div><div></div></div>	
DAY 6		<div><div></div><div></div></div>	
DAY 7		<div><div></div><div></div></div>	
DAY 8		<div><div></div><div></div></div>	
DAY 9		<div><div></div><div></div></div>	
DAY 10		<div><div></div><div></div></div>	
DAY 11		<div><div></div><div></div></div>	
DAY 12		<div><div></div><div></div></div>	
DAY 13		<div><div></div><div></div></div>	
DAY 14		<div><div></div><div></div></div>	

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.