

Self-Quarantine

DO



Stay home, avoid public areas and public transportation.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



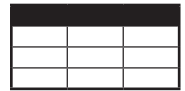
Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.



Complete the symptom log daily.

DO NOT



Share space with housemates, if possible.



Let in any non-essential visitors.



Share dishes, utensils, cups, towels or bedding.



Go to doctor without calling ahead.































Discontinue self-quarantine until instructed.



Have contact with pets and other animals, if possible.

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.