
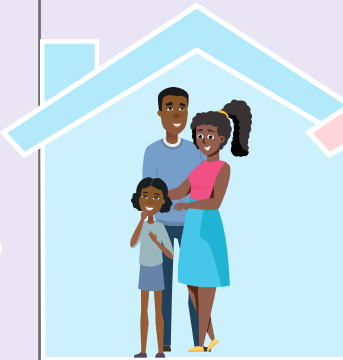
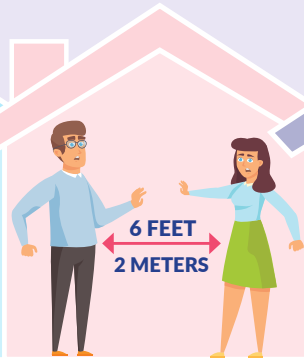
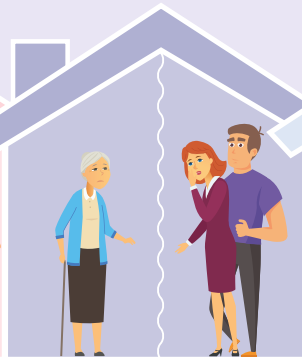

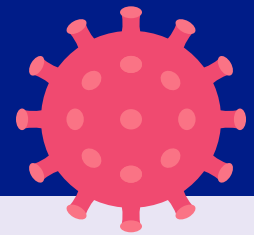
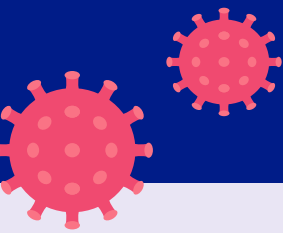


COVID-19 (Coronavirus)

Quarantine and Isolation Guidance

	Shelter in Place	Public Health Supervision	Active Monitoring	Isolation
				
Have you been exposed?	Maybe	Maybe	Yes	Yes
Are you experiencing symptoms?	No	No	No	Yes
How long does this last?	Determined by Government. Declared State of Emergency by Governor to appropriately restrict the movement of people and take action necessary to mitigate the risk of community transmission.	14 days (at least 1 check by a designated health professional before the end of the period).	14 days after exposure to a confirmed case; people with a travel history	You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND at least 14 days have passed since your symptoms first appeared OR whichever is longer.
Who are you protecting?	Yourself and Others	Yourself and Others	Yourself and Others	Others



Shelter in place

Regulations put into place by the Government of Bermuda, through the declaration of State of Emergency by the Governor. We have the ability to flatten the curve and slow down the transmission of the virus by reducing our contact with each other. Residents are to remain at home unless you are going to the store for food/medicine or gas station. Exemptions will be in place for workers in essential areas.

Public health supervision

All adults entering Bermuda are required to quarantine with public health supervision in a government quarantine facility for 14 days. These individuals will be monitored for symptoms during their time in quarantine. Exemptions allowed to self-quarantine at home for minors and for medical reasons.

Active Monitoring

Persons with a high-risk travel history or contact are quarantined for 14 days after potential exposure. This quarantine can occur in their home or place of accommodation. Health personnel are in communication with these persons at least once a day to assess for the presence of fever, cough, or difficulty breathing. The mode of communication can be face-to-face, a telephone call, an email or other electronic method.

Isolation

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. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.

Sources:

www.gov.bm/coronavirus <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**Stay informed on the latest developments about COVID-19 by visiting the
Government of Bermuda's website coronavirus.gov.bm**

