



# COVID-19 Traveller Quarantine Instructions

Welcome to Bermuda! 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 had a Pre-departure COVID-19 Test  
*(Adults and children 10 and older)\**

**Quarantine in your room at your accommodation until you get a negative arrival result.**

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

## During your Stay

### Standard precautions you must take

Wear a mask at all times

Wash your hands

Keep physical distance

### Monitor your health daily

Take your temperature twice daily for 14 days

Log your temperature overleaf

Record any symptoms

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

### Test on day 4

On \_\_\_\_\_

A reminder email will be sent 24 hours before your test

### Test on day 8

On \_\_\_\_\_

A reminder email will be sent 24 hours before your test

### Test on day 14

On \_\_\_\_\_

A reminder email will be sent 24 hours before your test

## Frequently Asked Questions





























- All of your PCR COVID-19 testing appointments for day 4, day 8 and 14 are booked upon arrival. If one of the testing days is also your departure day, you do not need to test that day.
- While the above protocols hopefully capture most of the information required, we 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](http://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 up to 14 days. Anyone who becomes COVID-19 positive, or whom health authorities believe could be positive, will be fitted with an electronic bracelet to assist with isolation/quarantine.

# 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.