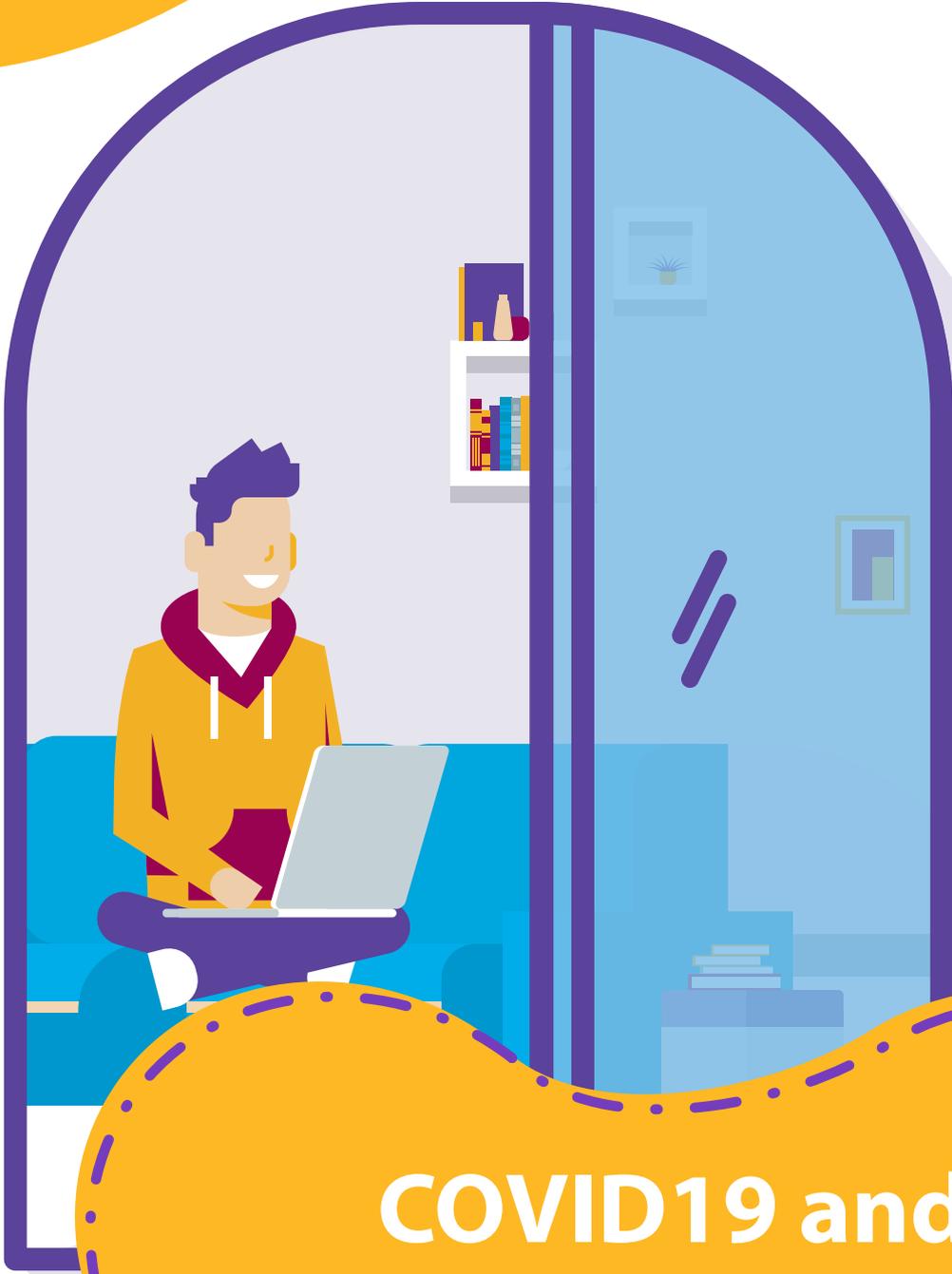




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COVID19 and quarantine

وقاية
Weqaya



What is it? !?

Quarantine



A method of isolating infected individuals who are contagious or who are carriers, to reduce patient mobility and stop the virus from being transmitted to another person.



Medical Quarantine:

For healthy people who do not have symptoms but are suspected of having the disease, they are quarantined, while providing all their needs, until the full incubation period has passed to ensure that they are healthy.

Home Quarantine:



A person who does not require admission to the hospital and is stable, as he is isolated in a well-ventilated room at home, with no direct contact with family members until the incubation period is complete. To communicate with other family members, the person must wear a mask and maintain a safe distance of at least one meter.

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Quarantine procedures at home



- 
- Avoid travel and public places (school or work)
 - Avoid receiving visitors at home

When necessary, to communicate with others:



If symptoms should appear
Call 937

Keep it up for 14 days or as directed by your doctor to reduce the risk of contagion

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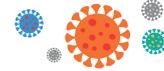
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When should you go into quarantine?

When you are sure that you have come in contact with infected individuals even if you don't have clear symptoms



When you have a confirmed case of COVID-19



Quarantine at home



Quarantine at the hospital

How?

Stay home until it is confirmed that you aren't infected (i.e. after the 2-week incubation period)

If you have any questions
Call 937



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A Citizen Reporting from Quarantine



What to do during home quarantine?



Open the windows and make sure there is enough ventilation



Make sure to always sterilize highly used surfaces such as door handles



Don't come in contact with anyone and refuse to receive visitors



Don't share eating utensils with others, you can use single-use paper plates



Maintain communication with others at a distance via phone and apps



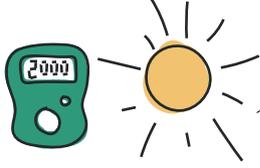
Don't share personal items and sterilize them regularly



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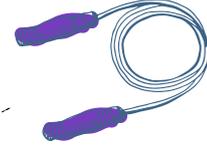
Evde karantinada gününüzü nasıl geçirirsiniz?



Start your day with positive thoughts and spiritual practice



Wash your hands with soap and water for 40 seconds



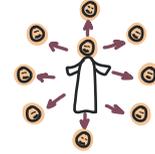
Get some exercise



Eat healthy



Take online classes on a platform like rwaq



Maintain a safe distance from those around you



Watch useful films or videos on Live Well YouTube



Read a book



Do mental challenges and riddles



Follow news from reliable sources, beware of fake news



Listen to a good podcast



Make sure to sneeze properly

Update you family and friends on your health



Get plenty of sleep





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**When and how
to wear a mask**



The proper way to wear a mask

1



Cover your mouth and
nose well without gaps

2



Don't reuse single-use
masks

3



Don't touch the mask
when putting it on

4



Replace the mask with a
fresh one if it gets wet

5



It is not recommended
to wear cloth masks for
any reason

6



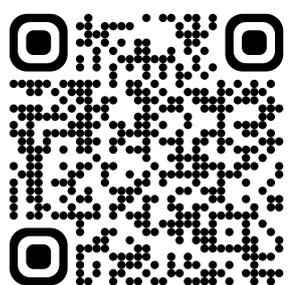
Remove mask properly
and then wash hands
thoroughly



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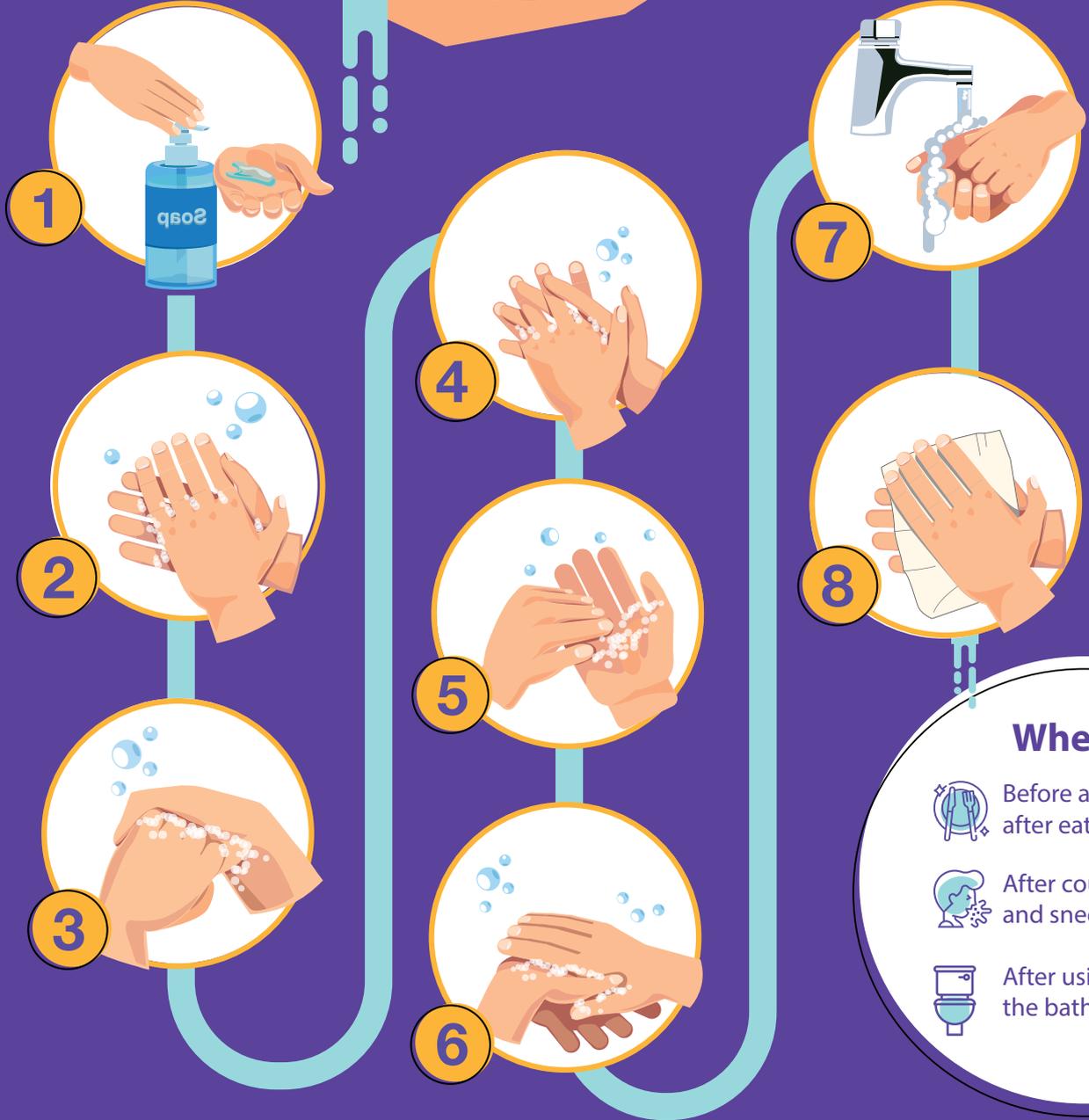
Bad practices





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Proper way to wash your hands to prevent COVID19-:



When?



Before and after eating



After coughing and sneezing



After using the bathroom

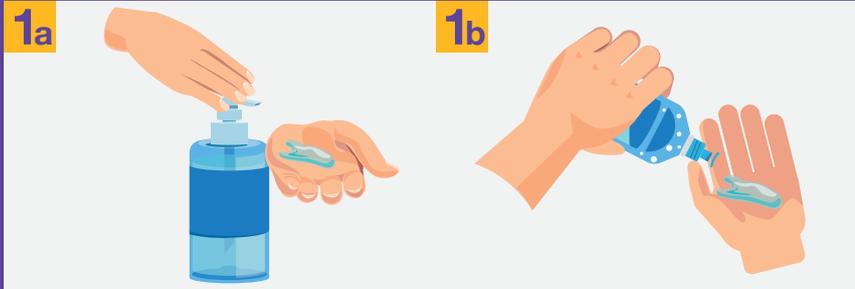
Wash your hands with soap and water for 40 seconds or hand sanitizer for 20 seconds

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The proper way to use hand sanitizer

 Total time: 30-20 seconds



1a Fill the palm of your hand with sanitizer covering the entire surface



2 Rub palms together



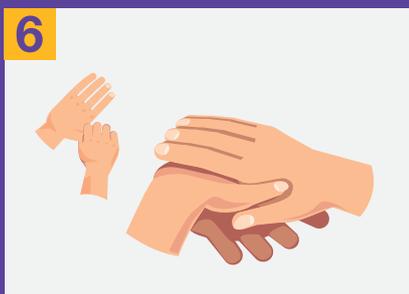
3 Rub the back of your left hand with your right hand, interlacing fingers, then vice versa



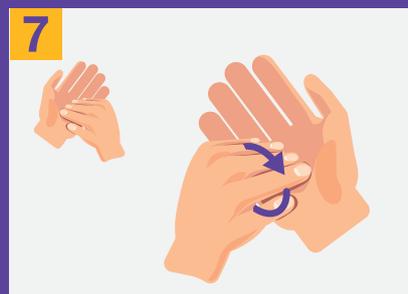
4 Rub the palms of your hands together, interlacing fingers



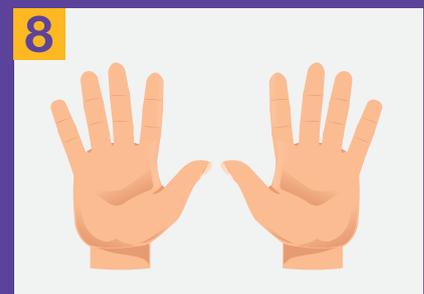
5 Backs of fingers with opposing palms, fingers interlocked



6 Rotational rubbing of left thumb, then right



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



8 Your hands are clean once they are dry

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And lastly

Make sure to...



Stay connected to society through social media even when you are in quarantine



Get your news from reliable sources



Hold your meetings by phone or video call



Maintain your daily routine and discover something new



Exercise using home exercise equipment or aerobics



Eat healthy and get plenty of sleep

To stay
healthy ..

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