COVID19 and 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.

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.

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.
Quarantine procedures at home

When coughing or sneezing:
- Use a tissue and throw it away in the garbage can.
- Or cover your mouth with your elbow.

Wear a mask when leaving the house or mingling with others.

Wash your hands with soap and water or hand sanitizer.

Stay home and isolate yourself from others as much as possible.

Get help from those around you to do things for you in your place.

Avoid travel and public places (school or work).

Avoid receiving visitors at home.

If symptoms should appear:
- Call 937

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

Live Well
SaudiMOH
www.moh.gov.sa
When should you go into quarantine?

When you have a confirmed case of COVID-19

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

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
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.
Evde karantinada günününüzü 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 your family and friends on your health

Get plenty of sleep

Eat healthy

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Update your family and friends on your health
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

It is not recommended to wear cloth masks for any reason.
Bad practices
Proper way to wash your hands to prevent COVID19:

1. Washing hands with soap and water for 40 seconds or hand sanitizer for 20 seconds
2. Before eating
3. After coughing and sneezing
4. After using the bathroom

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
The proper way to use hand sanitizer

1. 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

Total time: 30-20 seconds
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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And lastly
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Live Well
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