

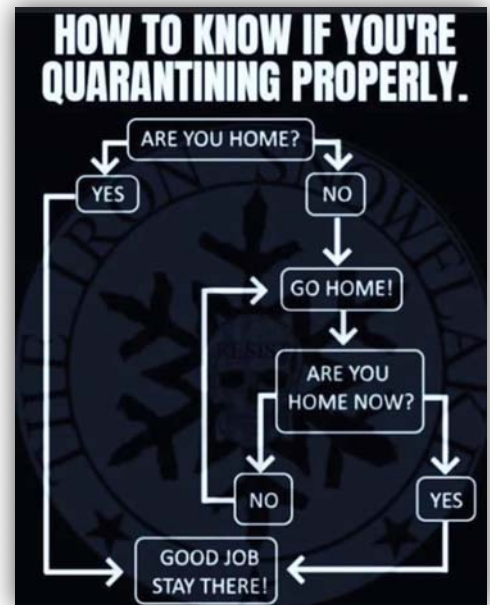


Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide¹

If you have traveled from abroad to St. Eustatius follow these guidelines for self-quarantine for 14 days:

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing.
2. **Stay home** from school and work.
3. Employees: Discuss your work situation with your employer before returning to work.
4. **Do not** take taxis or ride-shares.
5. **Do not** have any visitors to your house during this time. If you have visitors tell them that you are under COVID-19 self-quarantine.
6. **Keep your distance** from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call the hotline **912**.

If you have a medical emergency, call **912**. Tell them your symptoms and that you are being monitored for COVID-19.



How to self-monitor:

Step 1 Do health checks every morning and every night or anytime you feel like you might have a fever²:

- Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
- Write your temperature and any symptoms in the log.
- Family members who are not being monitored, do not need to record symptoms.

Step 2 If the health department asks you to report your temperature and any symptoms, follow their instructions. Contact Public Health Department Hotline at **912**.

Step 3 If you have fever, cough, or shortness of breath:

1. **Avoid** contact with others.
2. **Cover your mouth and nose** with a tissue or your sleeve (not your hands) when coughing or sneezing.

¹ Source: NH Bureau of Infectious Disease Control

² See attachment





3. **Wash hands often** with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

If you get sick, contact the hotline **912** and remind them of your travel.

The Public Health Authorities will notify you once your daily checks are complete and your quarantine period is over.

Self-monitoring Template³

Write your symptoms and temperature in the space below every day for 14 days. Should you experience symptoms or your health deteriorate, call the **Public Health Department Hotline**

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day of your last potential exposure	
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	_____		

³ Source: NH Bureau of Infectious Disease Control

