

Hand Washing

Wash your hands often with soap and water for at least 20 seconds.



- ▶ Hands should be washed after coughing or sneezing, blowing your nose and using the bathroom and before eating and preparing food.
- ▶ Avoid touching your face with unwashed hands.
- ▶ If soap and water are not available, use an alcohol based hand sanitizer (at least 70% alcohol) and rub your hands together until they are dry.

Cover Your Coughs and Sneezes



Cover your cough or sneeze in your inner elbow or with tissue. Discard the tissue immediately after use and wash your hands.

Do not Share Personal Items

Do not share items such as dishes, glasses, cups, utensils, towels, bedding or toothbrushes with other people.

Clean and Disinfect Frequently Touched Surfaces

All surfaces that are touched often should be cleaned and disinfected everyday. Examples include faucets, toilets, phones, remotes controls, counters, doorknobs, keyboards, tablets, bedside tables and light switches.

For More Information:

Facility	Telephone:
Elizabeth Estates Clinic	(242) 324-2897 324-2923
Fleming St. Clinic	(242) 322-6720 322-1321
Flamingo Gardens Clinic	(242) 361-6429 361-6430
South Beach Health Centre	(242) 392-1783 392-2123

COVID-19 Hotline: 511

Websites: www.bahamas.gov.bs/health and www.covid19.gov.bs

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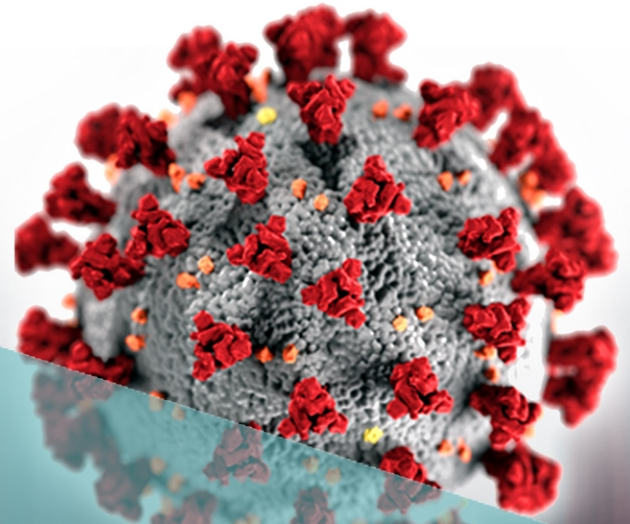
Persons violating the quarantine protocols could face a twenty thousand dollar (\$20,000) fine or up to five (5) years imprisonment.



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MINISTRY OF HEALTH



QUARANTINE & ISOLATION

Prevent the Spread of COVID-19

If you are placed in quarantine or isolation, you may NOT leave your house or the facility for at least 14 days

STAY INSIDE!

What is Quarantine?

Quarantine is the separation and restriction of movement of people who are **WELL**, but have been in close contact with a COVID-19 patient or visited an area with community infections. Quarantine can take place at home or in a facility and usually lasts a minimum of 14 days.

What is Isolation?

Isolation is the separation and restriction of movement of people who are **ILL** or **INFECTED** with COVID-19. If symptoms are mild, isolation can take place at a home-type facility. If symptoms become more severe, then isolation in a hospital will be required.

Whether you are in quarantine or isolation at home or in a facility you must stay indoors and separate from others until your time of quarantine or isolation has ended.

PHYSICAL DISTANCING



Limit physical contact.



Keep a safe distance.

Symptoms of COVID-19

The symptoms for COVID-19 can range from mild to severe and even lead to death. Some symptoms include fever, cough, shortness of breath, difficulty breathing, vomiting, diarrhea, fatigue and pneumonia.

If you think you have COVID-19, **STAY AT HOME** and call your healthcare provider or the COVID-19 hotline at 511 for medical advice.

Home Quarantine & Isolation

If you have been advised to quarantine or isolate at home, **STAY AT HOME. DO NOT LEAVE YOUR HOUSE.** Stay in one room that is separate from others. Use a separate bathroom if possible or use the bathroom last, then have someone clean and disinfect it. Identify one person to be your caregiver. This will help reduce the risk of others becoming sick. Your caregiver must wear a mask (and gloves when cleaning up after you) to protect themselves. You must wear a mask when interacting with your caregiver. Minimize contact with your caregiver (e.g. less than 15 minutes at a time and for 3 or less times per day).

Do



**STAY AT HOME
STAY INDOORS**

Stay home to prevent the spread of COVID-19

While in home quarantine or isolation, observe the following rules:

1.



Do Not allow visitors.

2.



Separate yourself from other people in the household.

3.



Stay in one well-ventilated room with a window that can be opened.

Facility Quarantine and Isolation

If you have been advised to go into quarantine or isolation and you are unable to do that safely at home for the entire time, you will be asked to quarantine or isolate in a Government-provided facility. Be prepared to remain in the facility for a minimum of 14 days. In the facility the same rules of separation and movement restrictions will apply.

If you develop symptoms

If you develop symptoms of COVID-19 or are concerned about your health, **FIRST** contact your healthcare provider. They will advise you on what to do from home.

DO NOT go to a healthcare facility without speaking first to your healthcare provider. This will ensure that they can prepare for your arrival and protect themselves and other patients.



Wear a Face Mask

Face masks are to be worn by you and your caregiver any time you have to share a space at home or at the facility.

When using a face mask:

- Put on and take off the mask from the back.
- Do not touch the front of the mask while you are wearing it.
- Put on a clean mask each time you need one.