QUARANTINE RELATED TO SARS-COV-2
FOLLOW RECOMMENDATIONS OF SANITARY SERVICES AND MEDICAL STAFF SERVICES

<table>
<thead>
<tr>
<th>EPIDEMIOLOGICAL SUPERVISION</th>
<th>QUARANTINE</th>
<th>ISOLATION</th>
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</thead>
<tbody>
<tr>
<td>observation, without limiting the freedom of movement - applies to healthy people who e.g. have returned from particularly vulnerable places</td>
<td>isolation of healthy people (without signs of infection) who have had contact with infected people or with suspected infection, it can take place at home or another designated place</td>
<td>isolation of infected people with developed symptoms of COVID-19 infection in an infectious ward or another designated place</td>
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DURING QUARANTINE YOU CANNOT LEAVE YOUR PLACE OF STAY.
Breaking the quarantine is punishable by a fine of PLN 30,000.

Why are high-risk people quarantined?
- To see if people after potential exposure will develop symptoms of the disease
- To protect other people in the event of coronavirus infection being confirmed, especially: the elderly, people with cardiovascular diseases and immunocompromised

How long is the quarantine?
14 days from the day of contact with people suspected of coronavirus infection - no longer than necessary, but for a period of time sufficient to determine that the person has certainly not been infected and does not pose a threat to others (the so-called virus incubation period)

How to secure basic livelihood (including food, water, medicines) during quarantine?
- To stock up on food, water, medicines, cosmetics and other needs, try to get them online or ask a close person to help - but avoid contact - if necessary, keep a distance of at least 2 m
- In concern of lonely people, especially the elderly, check to see if anyone around you needs any support. However, keep the recommended precautionary measures

What can you do during quarantine?
It depends largely on your situation. Working people should contact the employer. If working from home is possible, it is recommended

What cannot you do during quarantine?
- You cannot leave the designated place where you are to undergo quarantine. You cannot go for a walk, go shopping or invite guests
- You cannot meet personally with other people - try to contact your relatives and friends via phone, social media and other communication channels

During quarantine, remember to:
- use recommended preventive measures, including: correct and frequent washing of hands with soap and water
- monitor your health for 14 days, including measuring body temperature twice a day
- be available to employees of the State Sanitary Inspection who contact people during quarantine by phone to obtain information on their state of health
- immediately contact the employees of the sanitary and epidemiological station in the event of flu-like symptoms (fever, feeling unwell, dry cough, shortness of breath) - or go to infectious diseases ward with the avoidance of public transport
- be prepared that if flu-like symptoms occur, you can be instructed to remain in home quarantine or to be hospitalized in an infectious ward and be tested for SARS-CoV-2

4 out of 5 people with COVID-19 have mild form of the disease. The average duration of treatment lasts about 2 weeks.

Reliable information about the coronavirus can be found at: [www.gis.gov.pl, gov.pl/koronawirus](http://www.gis.gov.pl, gov.pl/koronawirus) and by calling the NFZ toll-free number 800-190-590.

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