

St Helena Home Quarantine

The DOs and DON'Ts



1 Do stay within the boundary of your home for 14 days, and do not make physical contact with others outside of your house

2 Do rest, hydrate, and eat healthy foods



3 Do keep in touch with family and friends through social media, calls and texts

4 Do monitor your health for symptoms which include:

- Fever
- Cough
- Fatigue



5 Do keep your distance from others, at least 2 metres



If you develop symptoms call the hospital on **22500** and tell them you are in home quarantine.
If you have a medical emergency call **911** and tell them you are in home quarantine



1 Don't leave your property, not even to go to work or school



2 Don't go to religious gatherings or other places of worship

3 Don't catch taxis, buses or any other public transport



4 Don't have visitors to your home



5 Don't share food, drinks, utensils, cups with others outside of your household



6 Don't give anything from your home to anyone outside of your household