

# **Guidance on self-quarantine**

## Who should self-quarantine?

The Health Authorities have issued recommendations to people who have travelled to or transited through affected areas to self-quarantine themselves for 14 days from returning from the affected area. Such people are encouraged to consider their social responsibility and the importance and seriousness of self-quarantine under the current global circumstances. The health and wellbeing of the Maltese population is our top priority.

## What does self-quarantine mean?

Self-quarantine means staying in your home or hotel room, and not leaving for the 14 day period that you are required to isolate for. Only people who usually live in the household should be in the home. Do not allow visitors into the home. Those under self-quarantine should self-monitor their temperature twice daily.

## Does this mean my family or other people I live with need to self-quarantine?

If someone in your home is self-quarantined, and they have maintained separation in an area of the home away from others (with their own bedroom and bathroom), the other members of the household do not need to self-quarantine.

## What happens when I end my 14 days of self-quarantine?

People who have self-quarantined for 14 days without any symptoms are free to go about their usual activities. This includes returning to work, school, childcare and university.

## Keeping spirits up while in self-quarantine

Being under quarantine can be frightening, particularly for young children. Suggestions include:

- Talk to the other members of the family about the infection. Understanding novel coronavirus will reduce anxiety.
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long.

## Reducing boredom while in self-quarantine

Being confined to home for an extended period of time can cause boredom, stress and conflict. Suggestions include:

- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply assignments, work sheets and homework by post or email.
- Don't rely too heavily on the television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

- Exercise regularly. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Keep in touch with family members and friends via telephone, email or social media.