

# DO YOU THINK YOU HAVE BEEN EXPOSED TO COVID-19?

Protect Yourself, Your Loved ones and Everyone from COVID-19

## SELF-QUARANTINE Who should self-quarantine?



PERSONS WHO HAVE RECENTLY TRAVELLED TO TRINIDAD AND TOBAGO FROM ANY COUNTRY



PERSONS WHO HAVE COME INTO CONTACT WITH SOMEONE WHO HAS RECENTLY TRAVELLED TO TRINIDAD AND TOBAGO FROM ANY COUNTRY



PERSONS WITH ANY OF THE SIGNS AND SYMPTOMS: FEVER, COUGH, SHORTNESS OF BREATH, EXTREME TIREDNESS



PERSONS WHO HAVE COME INTO CONTACT WITH SOMEONE WHO IS SUSPECTED OF HAVING COVID-19 (AS DETERMINED BY A HEALTH CARE PROFESSIONAL)



PERSONS WHO HAVE COME INTO CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19

# HOW TO SELF-QUARANTINE?



STAY IN YOUR HOME OR ACCOMMODATION. DO NOT GO TO WORK, SCHOOL OR OTHER PUBLIC AREAS



DO NOT HAVE VISITORS IN YOUR HOME OR ACCOMMODATION



WASH YOUR HANDS BEFORE AND AFTER CONTACT WITH YOUR PETS



USE SEPARATE FACILITIES. IF SHARING, THESE SHOULD BE CLEANED BEFORE USE BY OTHERS



SEPARATE YOURSELF FROM OTHERS IN YOUR HOME OR ACCOMMODATION



WEAR A MASK WHEN YOU ARE AROUND OTHERS, IF YOU HAVE BEEN TOLD TO DO SO



HAVE FOOD, MEDICATION AND OTHER SUPPLIES DELIVERED TO YOU

## What should you do if you have symptoms while on self-quarantine?



GET PLENTY OF REST UNTIL YOU FEEL BETTER



DRINK ENOUGH FLUIDS SO THAT YOU PASS URINE REGULARLY





CALL THE NEAREST HEALTH FACILITY AND TAKE MEDICATION AS PRESCRIBED BY A MEDICAL PROFESSIONAL

# WHAT HAPPENS AFTER 14 DAYS HAVE PASSED?

If you have not had symptoms of COVID-19 for the 14 days of self-quarantine, on the 15th day you may come out of self-quarantine and you should follow the general public health precautions. If you have symptoms during or after, call the nearest public health facility.



What if you are collecting a national who is returning from another country?

- **HAVE SANITIZER IN THE CAR**
- **ONLY ONE PERSON SHOULD GO TO THE AIRPORT TO COLLECT**
- **UPON ARRIVAL THERE SHOULD BE NO HUGGING OR KISSING**
- **THE DRIVER SHOULD BE IN THE FRONT AND THE PASSENGER IN BACK SEAT**
- **KEEP WINDOWS OPEN TO ALLOW FOR VENTILATION**

For updates and more information about COVID-19 visit [www.health.gov.tt](http://www.health.gov.tt)

-  [www.health.gov.tt](http://www.health.gov.tt)
-  Ministry of Health-Trinidad and Tobago
-  TrinidadHealth
-  MoH\_TT
-  minhealthtt

ADAPTED FROM INFORMATION PREPARED BY PUBLIC HEALTH ENGLAND



Government of the Republic of Trinidad and Tobago  
Ministry of Health

# COVID-19 (NOVEL CORONAVIRUS)

## SELF-QUARANTINE FAQ