



Do's and don'ts while you are here

You have chosen to stay here voluntarily to prevent you from infecting others with novel coronavirus. Please follow these mandatory guidelines during your stay:

- Do not leave the out-of-home quarantine facility during your stay
- Do not receive visitors while you are here. Keep in touch with your family and friends by phone or video calls
- Follow the staff's guidance as to which common areas or outdoor areas you are allowed to use
- Have groceries or takeaway meals delivered if you need anything other than what the facility offers
- If you have paid for laundry service, you must sort your laundry and place it in a closed bag outside your door
- Clean your own room daily
- Use only your own toilet and bath

Your stay ends when you have been symptom-free for 48 hours or 7 days after you tested positive if you have not had symptoms. You must notify the staff and the municipality that you are leaving the facility.

If your symptoms worsen during your stay and you need medical attention, please contact either your own doctor or the out-of-hours medical service/1813.