



# 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.*

14.01.2021