

LAUNDRY



If you want to wash your clothes, take with you the alcohol-based hand rub, the detergent spray, and the laundry soap. Apply the following steps:

- 1 Put your linen and clothes for washing in an impermeable bag
- 2 Do not shake dirty laundry to minimize the dispersing of viruses through the air
- 3 Wash your hands and put on a facemask
- 4 Spray the laundry bag with a home detergent solution
- 5 Proceed to the washing machine, put your clothes in, and operate it
- 6 Wash your hands
- 7 Wipe the washing machine and all surfaces that you have touched with the detergent that you brought from your room
- 8 Take the used bag with you to your room
- 9 Wash your hands with alcohol-based hand rub
- 10 Wipe the door knob of your room before entering
- 11 Get rid of the laundry bag in your garbage bin
- 12 Wash your hands with alcohol-based hand rub or soap and water
- 13 Remove your mask, discard it in the garbage bin
- 14 Wash your hands again

Someone should remove your clean laundry, iron them, and put them in a bag in front of the door of your room

If someone will collect your laundry, apply these steps:

- 1 Put your linen and clothes for washing in an impermeable bag
- 2 Do not shake dirty laundry to minimize the dispersing of viruses through the air
- 3 Wash your hands and wear a facemask
- 4 Spray the bag with the disinfectant solution
- 5 Dispose the bag in another bigger bag provided at the door of your room without touching the bigger bag
- 6 Spray your room doorknob
- 7 Wash your hands
- 8 Remove your facemask
- 9 Wash your hands again with alcohol-based hand rub

Healing with Compassion

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SELF-QUARANTINE RECOMMENDATIONS COVID-19



SELF-QUARANTINE

RECOMMENDATIONS

According to the Centers for Disease Control and Prevention, Quarantine is defined as the separation and restriction of the movement of people who were exposed to a contagious disease to see if they become sick.

For COVID-19, it is required to undergo 14 days of home quarantine.

If you were in a medical facility and you were asked to quarantine

- 1 Keep on the surgical mask and head directly to your car
- 2 Drive without passengers if possible
- 3 Clean your car before other use
- 4 Wash your hands
- 5 Remove your facemask in the room in which you will be isolated
- 6 Discard the mask in a closed garbage bin
- 7 Wash your hands with alcohol-based hand rub or soap and water

GENERAL TIPS



Stay all the time in a well-ventilated room with a window to outside that you can open frequently



Do not turn on central air conditioning if it exists



Always keep the door closed



Do not have visitors



Do not leave your room to sit with your family/visitor



Wash your hands often



Clean frequently with a regular detergent all touched surfaces such as tables, doorknobs, remotes, light switches, smart devices, handles, toilets, faucets, sink, etc.



Check yourself for any symptoms such as fever, cough, difficulty in breathing, etc.

If you feel unwell, call your doctor for further instructions

FOOD SERVICE



Use disposable utensils



Avoid sharing household items (cups, towels, eating utensils, etc...)

Your food should be brought to you at the doorstep.

Please follow these steps:

- 1 Remove the outer package
- 2 Dispense it immediately in a closed bin
- 3 Wash your hands
- 4 Clean the food container
- 5 Clean the table before and after you eat on it
- 6 Wash your hands with soap and water before and after eating

GARBAGE DISPOSAL

Put all used utensils including tissues and masks in an impermeable rubbish bag in your room.

If you want to put the bag in the waste area by yourself, take with you the alcohol-based hand rub and the detergent spray. Abide by the following steps:

- 1 Wash your hands and put on a facemask
- 2 Tie the bag
- 3 Wash your hands
- 4 Spray the bag with home detergent
- 5 Take the bag to your home door and dispose it in a closed bin
- 6 Wash your hands with alcohol-based hand rub that you have got from your room
- 7 Spray the handle of the bin with a detergent that you have got from your room
- 8 Spray the home door handle and anything else you touched
- 9 Go back to your room
- 10 Spray your room doorknob
- 11 Wash your hands with alcohol-based hand rub
- 12 Take off the facemask and discard it in a bin
- 13 Wash your hands again



If someone will collect the garbage, follow these steps:

- 1 Wash your hands and wear a facemask
- 2 Tie your garbage bag tightly
- 3 Wash your hands
- 4 Spray the bag with the disinfectant solution
- 5 Dispose the bag in another bigger bag provided at the door of your room without touching the bigger bag
- 6 Spray your room doorknob
- 7 Wash your hands with soap and water
- 8 Remove your facemask and discard it in a bin
- 9 Wash your hands with alcohol-based hand rub

BATHROOM



Use a separate bathroom

If you cannot have your own bathroom

- 1 Wash your hands and wear a facemask before going to the bathroom
- 2 Clean anything you have touched with a detergent that you get from your room
- 3 Wash your hands before going back to the room with an antiseptic solution or with soap and water followed by spraying the water tabs with a detergent
- 4 Return directly to your room
- 5 Clean the door knob of your room before entering
- 6 Wash your hands with alcohol-based hand rub
- 7 Take off the facemask and discard it in a bin
- 8 Clean your hands with alcohol-based hand rub

DON'T SHARE TOWELS WITH OTHERS

Keep your towels in your room; take them with you if needed

