Government of Sierra Leone

MINISTRY OF HEALTH AND SANITATION

Home Quarantine Guide

Updated 18ᵗʰ March 2020

Government travel advisory

Travelers from countries with less than 50 confirmed cases will be documented and followed-up by designated surveillance officers/contact tracers at home for a period of 14 days to ensure compliance with surveillance procedures.

What does the government's travel advisory mean for me?

All travelers entering Sierra Leone must go through a screening process. Each person will wash their hands, have their temperature taken, and fill out a form that asks about travel history.

If you are a traveler coming from a country with less than 50 confirmed cases of coronavirus (COVID-19), you are expected to do the following:

- Share with the government your plans for travel or staying in Sierra Leone, the address(es) of where you will be staying, and a phone number where you can be reached each day
- Stay at home and limit contact with others
- Immediately report any feeling of unwell to 117
- Surveillance officer will call you regularly to check on your general wellbeing.
  - Make sure you keep your phone charged and with you always to answer when the surveillance officer from the Ministry of Health and Sanitation calls to check on you.

Why do I need to be home quarantined?

It is possible a person who has traveled to or transited through a country with ongoing spread of coronavirus may have come in contact with coronavirus and could carry the sickness into Sierra Leone.

If a person gets sick from coronavirus after entering Sierra Leone, they could spread the sickness to others.

That is why it is important to stay home, limit contact with everyone, and have your health checked every day.

You may be infected with coronavirus but you may not show any sign and symptom and you may be able to still spread it to others.

For how long do I need to be home quarantined?

The length of time you will need to stay home and be checked can last up to 14 days. It depends on how many days have passed since you traveled to or transited through a country with ongoing spread of coronavirus.

If you do <u>not</u> have any signs and symptoms of coronavirus in the 14 days after you have arrived in Sierra Leone, you are no longer considered to be at risk. You will complete your health checks with the government officer and you can go about life as normal.

DOs and DON'Ts of home quarantine:

It is good for everyone, and especially those who have travelled from countries with coronavirus, to take actions to stop the possible spread of the sickness.

- Wash your hands frequently with soap and water.
- If there is no water, use hand sanitizer that is at least 60% alcohol-based.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cough and sneeze into your upper arm or sleeve.
- Avoid contact with any person who is coughing, sneezing, or has fever.
- Avoid handshaking – use other non-contact ways to greet others.
- Regularly clean surfaces like doorknobs, toilets, tables, handrails with alcohol-based disinfectant or detergent.
- Open windows or use fans or air conditioners to allow for fresh air.

Call 117 right away if you have any signs or symptoms.
Others in your household should stay home until your signs and symptoms are checked by a health worker.

To help limit contact with others:
- Stay at home.
- Do not eat from the same bowl or share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your house.
- Do not accept visitors.
- Call 117 if have any questions.

What should I do if I have any signs and symptoms?
If you have any signs or symptoms, immediately call 117.

If you have a medical emergency while you are staying home, call 117.
Make sure to tell 117 about your recent travel history.

Who should wear a face mask?
Masks are only recommended for people who have signs and symptoms of coronavirus and for those caring for others with signs and symptoms of coronavirus.

If you do not have any signs or symptoms of coronavirus and are not caring for someone with signs and symptoms of coronavirus, you can protect yourself from coronavirus and other sicknesses by taking the following actions.
- Wash your hands frequently with soap and water. If there is no water, use hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cough and sneeze into your upper arm or sleeve.
- Avoid contact with any person who is coughing, sneezing, or has fever.

Other questions? Concerns?
If you have further questions about coronavirus, call 117.
Please visit our website for more information www.dhse.gov.sl