

(COVID-19 Crisis Guidelines) 5 Key Daily Quarantine Rules for individuals to practice in daily lives (April 13, 2020)

Shift to a quarantine system in preparation for the COVID-19 prolongation.

We would like to inform the 5 rules to keep during ‘Daily Quarantine’ in continuing daily activities to a certain extent while preventing infection and spread of the virus.

5 Key Daily Quarantine Rules

(Rule 1) Rest at home for 3-4 days if any symptoms detected.

Reason: COVID-19 is easily spread even during the early stage with mild symptoms.

You can reduce the possibility of COVID-19 spreading just by reducing contact with others.

1. If you have respiratory symptoms, stay home and rest for 3~4 days.

Respiratory symptoms: Fever, cough, phlegm, sore muscle pain, stuffy nose, etc.

2. If you detect any symptoms, refrain from meeting others, keep your mask on at home if you live with other people. (Refrain contact with elderly and underlying patients such as talking and eating together)

3. Return to your daily routine if the symptoms disappear after resting. If a fever over 38°C lasts or symptoms get worse during the rest, call (☎1399, ☎ Area code+120) or contact the medical center.

4. Put on mask during essential outings such as visiting doctors, pharmacy, or grocery shopping, etc.

5. Companies, business owners, etc. should cooperate so that the employees with symptoms do not go to work, and allow them to return home and rest.

(Rule 2) Keep enough space between people at intervals of double arms

Reason: COVID-19 is mainly spread through droplets of saliva. Keeping more than 2 meters space between people can reduce the possibility of exposure to saliva when talking, coughing or sneezing, which leads to reducing the risk of infection.

1. Do not go to enclosed or crowded places as much as possible.

2. Keep approximately 2 meters away (at least 1 meter) from others in daily lives.

3. Place seats so that people can keep enough distance from others.

4. When many people need to gather, provide enough space so that people can keep 2 meters distance between others or adjust the time.

5. Do not shake hands or hug.

(Rule 3) Wash hands thoroughly & cover your cough with your sleeve

Reason: Prevents viruses from entering our body through our contaminated hands and droplets of saliva from spreading by following the cough etiquette.

1. Wash hands in running water and soap for more than 30 seconds or hand sanitizer before and after meals, after using the toilet, returning to home from outside, blowing nose, coughing or sneezing.
2. Do not touch your eyes, nose or mouth before washing your hands.
3. Prepare a sink and soap in private/public space and place hand sanitizers in various areas.
 - Wash your hands once every two hours.
4. Cover your cough or sneeze with tissue, handkerchief or inner part of your sleeve.
5. If you have respiratory symptoms such as fever, cough, phlegm, muscle pain, stuffy nose, etc. or feel unwell, put on mask for others.

(Rule 4) Ventilate two times or more a day and disinfect regularly.

Reason: Reducing the concentration of virus-containing saliva droplets that may be in the air by ventilation and disinfecting areas that may have droplets of saliva can reduce infection of COVID-19 through hands.

1. Keep the windows open if natural ventilation is possible. If this is not possible due to PM 2.5 or other reasons, ventilate at least two times a day for more than 15 minutes each time.
 - Open both doors and windows at the same time during ventilation.
2. Keep your everyday space such as your home or workspace etc. clean and disinfect where people's hands are often reached more than once a week.
 - Phone, remote controller, handle, doorknob, desk, armrest, switch, keyboard, mouse, copy machine, etc.
3. Disinfect public places and items every day where many people come by and frequently touch.
 - Places touched frequently: Elevator button, entrance door, handle, rail, doorknob, armrest, switch, etc.
 - Public items: Shopping carts etc.
4. When disinfecting, follow the instructions (usage, directions, etc.) from the manufacture of the supplies.
 - Disinfection supplies: Disinfecting wipes, alcohol (ethanol 70%), sodium hypochlorite (household Clorox, etc.)

(Rule 5) Keep Distance, Stay Together

Reason: COVID-19 can be overcome with everyone's cooperation and effort. We need to create a society that cares, comforts and works together.

1. Keep in touch with our nearest and dearest even though you do not meet them in person.

2. Think of sharing and solidarity for the community. Oppose to discrimination and stigma towards COVID-19 patients, quarantined persons, and etc.
3. Sharing and practicing care for the vulnerable social group.
4. Check sources of suspicious information, no sharing inaccurate rumors, and avoid excessive immersion in media.