14 DAY RULE FOR RETURNS FROM ABROAD

1. Do not go abroad. Cancel or postpone your travels abroad.

2. If you have been abroad, spend the first 14 days at home on your return from abroad.

3. Isolate yourself at home to protect family members.

4. Do not accept visitors during the time spent at home.

5. Do not enter the room of the isolated person without a mask.

6. Ventilate your room often.

7. Avoid contact with people, especially the elders and those with chronic diseases.

8. Wash your hands frequently with soap and water for at least 20 seconds by scrubbing.

9. Clean your frequently used surfaces, such as door handles, fixtures, sinks, with water and detergent daily.

10. Do not use any of your personal belongings (casual items such as towels) in common.

11. Wash your clothes with normal detergent at 60–90°C.

12. Drink plenty of fluids, eat a balanced diet and pay attention to your sleep patterns.

13. Wear a mask if you have to leave home.

14. If you have a fever that doesn’t go down, cough and shortness of breath, wear a mask and contact a healthcare provider.
1. Wash your hands frequently with soap and water for at least 20 seconds by scrubbing.
2. Have distance of at least 3-4 steps from people who show symptoms of a cold.
3. Ventilate your environments frequently.
4. Wash your clothes with normal detergent at 60-90°C.
5. If you have complaints such as fever, cough, shortness of breath, wear a mask and contact a health care provider.
6. Do not touch your eyes, mouth and nose with your hands.
7. Spend the first 14 days at home on your return from abroad.
8. Cover the mouth and nose with disposable wipes when coughing or sneezing, use the inside of the elbow if there is no wipe.
9. Cancel or postpone your travels abroad.
10. Clean your frequently used surfaces, such as door handles, fixtures, sinks, with water and detergent daily.
11. Avoid close contact, such as shaking hand and hugging.
12. If you have cold symptoms, do not contact the elders and chronic patients, do not go out without wearing a mask.
13. Do not use any of your personal belongings (casual items such as towels) in common.
14. Drink plenty of fluids, eat a balanced diet, pay attention to your sleep patterns.