

What is meant by self-quarantine?

Individuals who have come into contact with a positive, probable or suspect COVID-19 case should be self-quarantined for 14 days.

This also includes people who have travelled from countries where there is significant local transmission of the virus eg Asian countries, Western European Countries, Israel, US, UK and Australia.

Asymptomatic people (not exhibiting any signs of illness) should remain at home and avoid contact with groups of people outside the home environment. During this period they should monitor themselves for symptoms and exercise meticulous hand hygiene and respiratory hygiene (covering of mouth with tissues).

If symptoms develop they should seek health care immediately. Persons should make contact with their preferred health care provider and request assistance. They should inform their provider prior to arriving for an appointment.

We are appealing to individuals who are in this 14 day self-quarantine period to definitely avoid contact with groups outside the home environment including going to shuls, schools, events and functions.

It is advisable, due to the fact that young children may be significant spreaders of infection, for them also to fall into the self-quarantine recommendation.