

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.



14 RULES AGAINST NEW CORONAVIRUS RISK

- 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.

