



Republic of Botswana

Ministry of Health and Wellness

CORONA VIRUS (COVID-19)

HEALTH TIPS DURING QUARANTINE

Consider the following tips for your wellbeing during your quarantine time;

- Create a routine: Make it a habit to open windows every day, take a shower and try to create a sense of normality. Get creative or learn something new to keep busy.
- Take care of your body: Try some indoor workout routines. Drink plenty of water, 6-8 glasses of water per day and get some rest and plenty of sleep
- Focus on the positives — Amplify good news stories and honor caregivers working tirelessly to resolve the situation.
- Relax: Practice relaxation techniques such as breathing exercises and meditation.
- Adhere to treatment: Use medications as prescribed, if you need more supplies communicate with the institution supervisor
- Stay connected: Make the most of technology and stay in touch with colleagues, friends and family via phone calls, texts, social media and video conferencing.
- Limit media intake: Minimise following news that may cause anxiety, rely on information from credible sources such as MOHW , WHO and CDC.
- Take one day at a time — Try not to project too far into the future. Remember that these are temporary measures and you are not alone.

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Vision: A Healthy Nation by 2023
Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.

