



Republic of Botswana

Ministry of Health and Wellness

WHAT ARE THE **DO'S** AND **DON'TS** WHEN ONE IS ON HOME ISOLATION / QUARANTINE?

Do's

- Stay at home
- Indoor exercises
- Eat well, get plenty of sleep and rest
- Keep in touch over the phone, internet or social media
- Postpone your routine appointments including doctor's appointments
- Ask for assistance from a family member for your shopping or routine medicine requirements
- Assign separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and other items for the quarantined person
- Have an assigned carer during the duration of quarantine or isolation
- Stay away from people with chronic illnesses, pregnant women, children under the age of 5 years, and the elderly aged 65 years and above
- Use a separate bathroom, if shared, be the last to use and ensure thorough disinfection after every use

Don'ts

- Do not leave the house
- Do not go to work, school or any public area
- Do not use any public transport. Do not travel
- Do not have physical contact with any household members
- Do not allow any visitors
- Do not handle pets or other animals
- Do not prepare or serve food to others

Call 16649 for further details,

Call 997 for medical emergencies or when you develop severe symptoms such as difficulty breathing.

Ministry of Health & Wellness
COVID-19 Call Centre: 16649

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity,
Teamwork, Accountability.