

SELF-ISOLATION IN DORMITORY

Self-isolation period is 14 days from the time you returned from high risk country.

What does self-isolating mean?

- Do not leave your allocated room for 14 days;
- Avoid direct contact with other people;
- Order your groceries online or ask your friends who are not self-isolated for some help. In both cases, avoid direct contact;
- Do not use the common areas of the dormitory;
- Measure your body temperature daily, keep track of your health and contact your public health specialist via phone about the health changes, if necessary. If you start developing flu symptoms, please call **1808** coronavirus hotline.



If you need help getting groceries or other necessities consider contacting your dormitory's coordinator.