

Recommendations regarding the Novel Coronavirus (COVID-19) for persons in self-isolation

1. According to the determined rules for the Novel Coronavirus (COVID-19) when a person is placed in self-isolation the following rules must be observed:

- a) The person must be in isolation for 14 days from the date of the last exposure to the pathogen and control own health;
- b) In the self-isolation area, it is prohibited to receive visitors and guests;
- c) Transfer of food through indirect contact is permitted;
- d) The contact with others in the living space must be restricted to minimum. Contact within 1 meter for more than 15 minutes is not permitted;
- e) During self-isolation the person must have separate utensils (cups, plates, spoons, etc.), towels and beds;
- f) Telecommunication and Internet usage is not restricted;
- g) During self-isolation period, the relevant public health authorities will carry out monitoring. Health monitoring may be carried out without direct contact, via self-measuring the temperature, in case of detecting symptoms – via self-reporting;
- h) In case of the presence of clinical signs of fever and / or respiratory viral infection, immediate refer to an inpatient establishment of infectious profile must be done;
- i) In case of necessity of emergency inpatient medical assistance due to a non-communicable disease (for example: surgical, gynecological etc.), transportation to the clinic is carried out by a special transportation means with placement in a special boxed chamber until the expiration of isolation period;
- j) Refrain from using tobacco, alcohol or other substances;
- k) **Upholding of a healthy lifestyle** – healthy eating, resting, physical activity, and maintaining of social contact with loved ones; keeping in touch with other family members and friends via telephone and e-mail;

2. If the person in self-isolation is employed, the Ministry of Internally Displaced Persons from The Occupied Territories, Labor, Health and Social Affairs of Georgia is authorized to issue for such person upon request a certificate having equal legal effect with hospital sick leave certificate.

