Governments around the world have recommended strict quarantine measures to control the spread of COVID-19.

Key points from the guidelines:

1. **Specifics on Quarantine:** Quarantine is typically used for individuals who have been in contact with someone who is infected with COVID-19, but who do not show symptoms. It is designed to prevent the spread of the virus from these individuals to others.

2. **duration:** The duration of quarantine varies depending on the specific circumstances and guidelines. Generally, individuals are required to remain isolated for 14 days or until they receive clearance from healthcare providers.

3. **Symptom Monitoring:** Individuals under quarantine are required to monitor for symptoms of COVID-19. If symptoms develop, they are advised to seek medical attention.

4. **Hygiene Practices:** Individuals under quarantine are advised to practice good hygiene, including frequent handwashing, wearing masks, and maintaining social distancing.

5. **Support:** Governments and healthcare providers are providing support to individuals under quarantine, including access to medical care and mental health services.

6. **Compliance:** Compliance with quarantine measures is essential to control the spread of COVID-19. Non-compliance can result in fines or other penalties.

These guidelines are based on the latest information from WHO, CDC, and local health authorities. For the most up-to-date guidelines, please check the official websites of these organizations.

SOURCE: WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY
May 5, 2020
As of May 5, 2020, the following guidelines were distributed by WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY to ensure the safety of those who are quarantined (quarantine) due to COVID-19.

COVID-19 Management Guidelines

**Key Points:***
- Personal hygiene is crucial.
- Maintain a distance of at least 1 meter from others.
- Avoid touching your face, eyes, nose, and mouth.
- Wash your hands frequently with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a flexed elbow or a tissue when coughing or sneezing.
- Practice respiratory hygiene by covering your mouth and nose with a flexed elbow or a tissue when coughing or sneezing.
- Avoid close contact with people who are sick.
- Stay home if you're feeling unwell.
- If you suspect you have COVID-19, call your healthcare provider before going to their office or hospital.
- If you have a fever, cough, or difficulty breathing, seek medical attention immediately.
- Follow the advice of your healthcare provider.

**Additional Tips:**
- Stay informed by monitoring local news and health authorities.
- Limit social interactions to reduce the spread of COVID-19.
- Use disinfectants to clean high-touch surfaces.
- Practice social distancing by limiting close contact with others.
- Avoid non-essential travel.

**Source:** WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY

May 5, 2020