



MINISTRY OF
**HEALTH &
WELLNESS**

Management of Persons in Self Quarantine at Hotels for Exposure to COVID-19

In light of the COVID-19 pandemic, persons planning to stay at a hotel in Jamaica, who have been allowed to land, will be placed in self-quarantine at the hotel if they are from a country where there is local transmission

What does Self Quarantine mean?

Self-Quarantine seeks to restrict movements and interaction of persons who may knowingly or unknowingly be exposed to a contagious disease, in this case, COVID-19, but are not showing any symptoms.

Self- Quarantine does not guarantee that persons cannot become infected but minimizes the chance of this.

Persons must adhere to the Infection Prevention and Control Measures outlined below.

What are the restrictions to my movements?

You will have to avoid:

- Leaving the hotel including tours and attractions offered by the hotel
- Crowded places at the hotel e.g., Disco, Restaurants, Bars

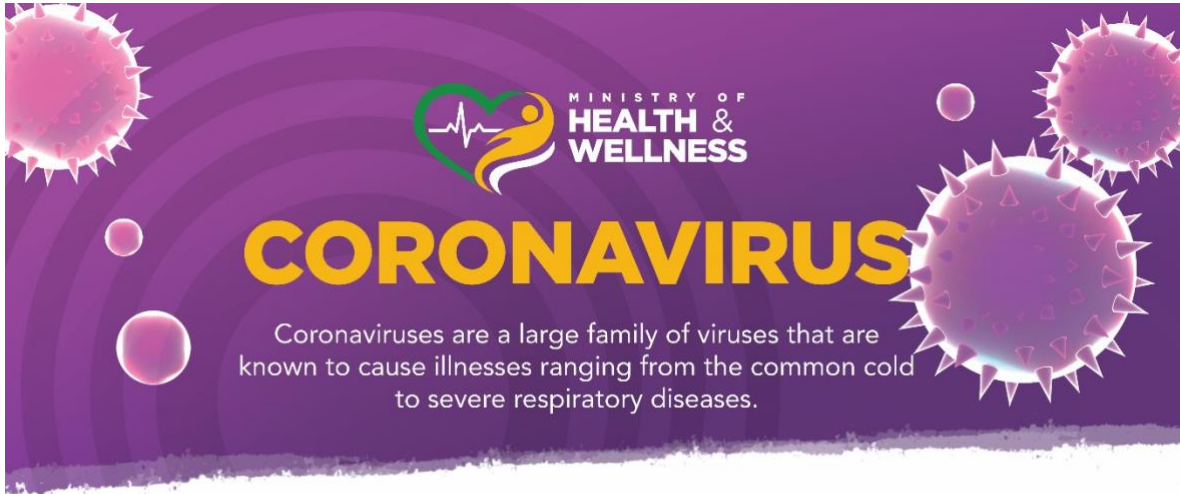
NB Room service is encouraged

Where can I go?

- Beach and chlorinated pool if social distancing can be maintained ie, if you can maintain a three feet distance from others
- Secluded sections of the hotel compound that does not require going through highly trafficked areas.
- No gathering of more than 20 persons is allowed. Even in this instance, social distancing is to be maintained

What happens if I do develop symptoms such as fever, cough or shortness of breath?

- Immediately self-isolate i.e., stay in your hotel room and call the hotel nurse for further assessment to be done.
- The local health department will be called for advice and arrangement of your medical assessment will be indicated
- You will be provided with a mask if actively coughing
- Guests sharing the room with you should be placed in a separate room and advised to stay in the room.



Protect yourself and others from coronavirus and other illnesses by:



Washing hands with soap and water.



Avoiding touching your eyes, nose and mouth with unwashed hands.



Covering nose and mouth with tissue when coughing or sneezing, then throw tissue in trash.



Avoiding close contact with anyone with cold or flu-like symptoms.



Cleaning and disinfecting frequently touched objects and surfaces.



Staying home when you are sick except to get medical care, call ahead to be advised before going.

What are the common symptoms?

- Fever
- Cough
- Shortness of Breath

How is it transmitted?

- Person to Person by droplets from cough or sneeze from an infected person
- Similar to how influenza (flu) is spread

How is it treated?

- No specific treatment
- Symptoms can be treated



#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy

888-ONE-LOVE(663-5683) | www.moh.gov.jm

