



Self-Quarantine Guide for Arrivals

Welcome to the
United Arab Emirates.

Due to the latest global, regional and local developments on the COVID-19 Pandemic, it is recommended as a precautionary measure to stay at home upon returning from your travel under self-quarantine for 14 days. Therefore, kindly follow the instructions below:

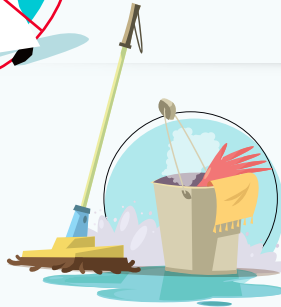
Separate yourself from others at home



Do not invite visitors or allow them to enter your house during this period



You should stay in a well-ventilated room and keep your door closed



Note:

If you share any facility at home, please make sure you disinfect it thoroughly after every use with warm water and detergent then dry your items with a separate towel that only you would use

Stay at home

Remain in your home, do not go to work, school, or public areas



Do not use public transport or taxis



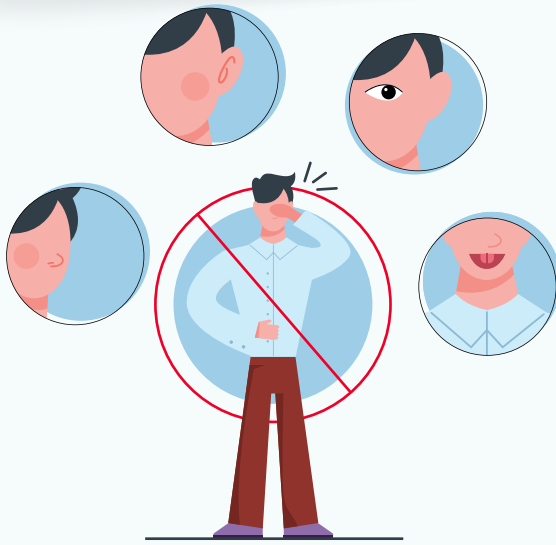
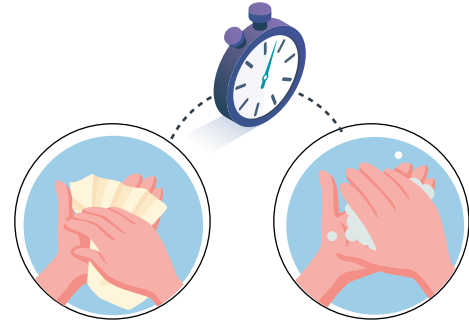
Note:

It is advised when shopping or ordering online that you avoid direct contact with the delivery man and to ask that items are left outside, or in the porch, or as appropriate for your home



Maintain personal hygiene

Wash your hands with soap and water for 20 seconds at least then dry them well



Avoid touching your eyes, nose and mouth if you haven't washed your hands

Cover your mouth and nose when you cough or sneeze with tissue then dispose of it immediately in a sealed plastic bag



Monitor your symptoms and seek medical attention when needed



Difficulties breathing



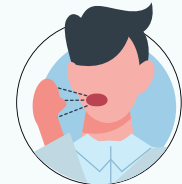
Fever



Sore throat



Headache



Coughing

You must adhere to the quarantine instructions and any violation may expose you to legal liability

Ministry of Health & Prevention

☎ 800358

Dubai Health Authority

☎ 800342

Abu Dhabi Public Health Centre (Whatsapp)

☎ 056 2312171

Estijaba

☎ 8001717