



Mandatory quarantine for all entering Nagaland after 18 May 2020, irrespective of place of origin of journey:

- 14 days Institutional Quarantine at designated center.
- Followed by Home Quarantine for 14 days .

Persons above 60 yrs, children below 10 yrs & parents, pregnant women & accompanying spouse, and patients requiring special care shall be thoroughly screened and sent for Home Quarantine for 28 days on advice of the Medical team.

Institutional Quarantine rules to follow

Quarantine is the separation and restriction of movement or activities of persons who are **NOT ILL** but who are believed to have been **exposed to infection**. The purpose of quarantine is to prevent transmission of diseases.

Most contacts/travellers who are infected will show symptoms by the **14th day**. Hence you are put under quarantine for observation of symptoms like fever, cough, and difficulty in breathing etc.

Strict physical distancing

Treat everyone in the facility as potentially **infected** and maintain strict physical distancing of at least 1 meter. Even if you are staying in a dormitory, **strict physical distancing** has to be enforced at all times.

Socialising prohibited

Grouping or socialising is strictly prohibited within the quarantine facility.

No change of rooms

A person under institutional quarantine can be put in single room, double room or dormitory depending on feasibility and availability. You are not allowed to change your room or location unless instructed by the medical team.

Report twice daily

You must report your symptoms **twice daily** in the nCovid-19 Nagaland app.

Report immediately

to medical team if you have any symptoms - fever, cough, cold, difficulty in breathing, loose motion etc.

Hand hygiene

You will **frequently wash** your hands with soap or use sanitizer when hand washing is not possible.

Wear mask

You will wear a handmade/medical mask **at all times**.



25 MAY 2020



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