

## Practices to Follow When Isolating At Home

**You have close contact with a confirmed Covid-19 case.**

### DAILY LIFE

Wear a mask, wash hands frequently, regularly take temperature checks.

Do not go out. Use a separate bedroom and bathroom, avoid contact with other household members.

Wear a mask even at home, and do not use common items or share food. Regularly disinfect objects, areas, and surfaces.

If you have no symptoms after the quarantine period is finished:

Begin the 7-day self-health management period.

### TIPS FOR STAYING HEALTHY

#### Stay Safe

Always wear a mask when in public spaces and wash your hands frequently.

#### Stay Calm

A maximum of 30 minutes a day of viewing pandemic coverage to avoid anxiety.

#### Stay Healthy

Eating healthy, sleeping well, and exercising helps to boost up your immunity.

#### Stay in Touch

Reach out for support when you need it and keep in touch with community, friends and family.

#### Stay Positive

With everyone's best efforts and cooperation, we will beat this!

### WHEN & HOW TO SEEK MEDICAL HELP

If you observe that you have any of the following Covid-19 related symptoms, please dial 1922 to arrange medical treatment. (This will be arranged for you, do not take public transport to seek medical help):

Fever, running nose, cough, sore throat, feeling excessively tired, muscular aches and pains, headache, diarrhea, abnormal sense of taste or smell, shortness of breath.

If you experience the following symptoms, please dial 119 for emergency services, or dial 1922 for the Department of Health immediately:

Wheezing, breathing difficulties, persistent chest pain, chest tightness, loss of consciousness, discoloration or bruising of the skin, lips, fingers or toenails.

Even if you return negative test results, you still need to stay at home until the 14-day quarantine period is complete and then continue to complete the 7-day independent self-health management period.

### NCCU IMPORTANT CONTACTS

Campus Security: 0919-099-119

Dormitory Management:

02-29393091 ext. 6352 or 62500

Mental Health Services: 02-82377419

Health Care Services: 02-82377424



## How to Conduct Autonomous Health Management

- ✓ **You have finished the 14-day quarantine period, and need to conduct a further 7-day of self-health management.**
- ✓ **You are a suspected case that has been tested and since been returned negative, you still need to stay at home for 14 days.**
- ✓ **You need to follow further independent health management after receiving the notice from a health agency.**

### DAILY LIFE

Wear a mask, wash hands frequently, regularly take temperature checks.

If you have any symptoms, please dial 1922 to seek further medical care. Do not use public transport.

Do not attend classes, do not enter the campus. If you live on campus, limit your movements around the campus. Limit your interactions with others and maintain social distance. Postpone all non-urgent medical care.

### TIPS FOR STAYING HEALTHY

#### Stay Safe

Always wear a mask when in public spaces and wash your hands frequently.

#### Stay Calm

A maximum of 30 minutes a day of viewing pandemic coverage to avoid anxiety.

#### Stay Healthy

Eating healthy, sleeping well, and exercising helps to boost up your immunity.

#### Stay in Touch

Reach out for support when you need it and keep in touch with community, friends and family.

#### Stay Positive

With everyone's best efforts and cooperation, we will beat this!

### WHEN & HOW TO SEEK MEDICAL HELP

If you observe that you have any of the following Covid-19 related symptoms, please dial 1922 to arrange medical treatment. (This will be arranged for you, do not take public transport to seek medical help):

Fever, running nose, cough, sore throat, feeling excessively tired, muscular aches and pains, headache, diarrhea, abnormal sense of taste or smell, shortness of breath.

**Even if you return negative test results, you still need to stay at home until the 14-day quarantine period is complete and then continue to complete the 7-day independent self-health management period.**

### NCCU IMPORTANT CONTACTS

Campus Security: 0919-099-119

Health Care Services: 02-82377424

Mental Health Services: 02-82377419

Dormitory Management: 02-29393091 ext. 6352 or 62500



## How to Self-Monitor Your Health

- ✓ **You have taken part in any activity or have been in the same place involving a confirmed case of Covid-19.**
- ✓ **You have contacted anyone who was in close contact with a Covid-19 case.**

### DAILY LIFE

Wear a mask, wash hands frequently, regularly take temperature checks.

Live a normal life if asymptomatic. If symptoms develop, seek medical attention.

You may take public transport, but you must maintain good pandemic prevention practices and maintain social distance.

Postpone all non-urgent medical care.

Conduct self health monitoring for a period of 14-day after exposure.

### TIPS FOR STAYING HEALTHY

#### Stay Safe

Always wear a mask when in public spaces and wash your hands frequently.

#### Stay Calm

A maximum of 30 minutes a day of viewing pandemic coverage to avoid anxiety.

#### Stay Healthy

Eating healthy, sleeping well, and exercising helps to boost up your immunity.

#### Stay in Touch

Reach out for support when you need it and keep in touch with community, friends and family.

#### Stay Positive

With everyone's best efforts and cooperation, we will beat this!

### WHEN & HOW TO SEEK MEDICAL HELP

If you observe that you have any of the following Covid-19 related symptoms, please dial 1922 to arrange medical treatment. (This will be arranged for you, do not take public transport to seek medical help):

Fever, running nose, cough, sore throat, feeling excessively tired, muscular aches and pains, headache, diarrhea, abnormal sense of taste or smell, shortness of breath.

If you experience the following symptoms, please dial 119 for emergency services, or dial 1922 for the Department of Health immediately:

Wheezing, breathing difficulties, persistent chest pain, chest tightness, loss of consciousness, discoloration or bruising of the skin, lips, fingers or toenails.

Even if you return negative test results, you still need to stay at home until the 14-day quarantine period is completed and then continue to complete the 7-day independent self-health management period.

### NCCU IMPORTANT CONTACTS

Campus Security: 0919-099-119

Dormitory Management:

02-29393091 ext. 6352 or 62500

Mental Health Services: 02-82377419

Health Care Services: 02-82377424

