

QUARANTINE FOR COVID-19

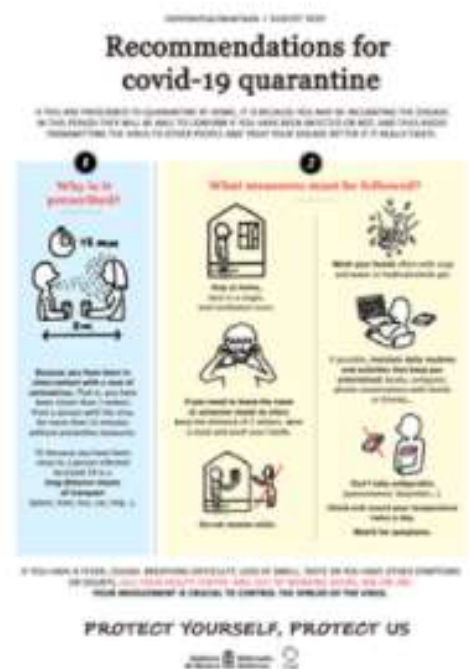
RECOMMENDATIONS

You have been instructed to quarantine your home, because the disease may be incubating:

- Because you have been a close contact with a case of coronavirus. That is, you have been within 2 meters of a person with the virus for more than 15 minutes without preventive measures.
- Or because you have been close to a person affected by covid-19 in a long-distance means of transport (plane, train, bus, car, boat ...).

You must follow these steps:

- Stay at home, preferably in a single, well-ventilated room.
- If you need to leave the room or someone has to enter, keep a distance of 2 meters, wear a mask and wash your hands.
- Do not receive any visits.
- Wash your hands frequently with soap and water or hydroalcoholic gel.
- Do not take antipyretics (paracetamol, ibuprofen ...).
- Check and record your temperature twice a day.
- Watch for symptoms.
- If possible, maintain daily routines and activities that entertain you.



[\(ampliar la imagen\)](#)

In case of non-compliance :

ADMINISTRATIVE SANCTION. Failure to comply with the home quarantine duty for being positive for COVID-19 can carry a fine of between **621 € y 3.000 €.**