



**Government of Sierra Leone**  
**MINISTRY OF HEALTH AND SANITATION**  
**Health Education Division**

**Updated 13<sup>th</sup> March 2020**

**Questions and Answers for Quarantine Homes on Coronavirus (COVID-19)**

**Q: What is quarantine?**

**A:** Quarantine means separating a person or group of people who may have come in contact with a sickness so that if a person starts to show signs and symptoms they will not spread the sickness to others. It also helps health workers to know about the sickness early so the person can get the care they need right away.

In quarantine, trained health workers will check each person every day to see if they start to show signs and symptoms. If a person does not have any signs and symptoms in the time they are considered to be at risk, the person can leave quarantine.

**Q: Can someone who has been quarantined for coronavirus spread the sickness to others?**

**A:** Someone who has been released from quarantine is not considered a risk for spreading coronavirus to others. A person is released from quarantine only after they have been checked by health workers for the required period of time and they did not develop the sickness during that time.

**Q: Why am I being quarantined?**

**A:** If you have traveled to or transited through, within the last 14 days before arriving in Sierra Leone, any country with 50 or more confirmed cases of coronavirus (COVID-19), you will be required to enter quarantine for up to 14 days.

Quarantine can stop the spread of sickness by reducing the number of people with whom you come into contact in case you start to show signs and symptoms. Being quarantined does not mean you have the sickness.

**Q: How long will I be quarantined?**

**A:** You will be quarantined for a period of up to 14 days. The length of time a person will spend in quarantine depends on how many days have passed since they traveled to or transited through any country with 50 or more confirmed cases of coronavirus (COVID-19).

**Q: What's the difference between quarantine and isolation?**

**A:** Quarantine is the separation of persons who may have come in contact with a sickness but do not yet show signs and symptoms. Isolation separates sick people from healthy people to help stop the spread of sickness. Sick people are taken to a hospital where they can be tested and get the care they need.



**Government of Sierra Leone**  
**MINISTRY OF HEALTH AND SANITATION**

**Health Education Division**

**Updated 13<sup>th</sup> March 2020**

**Q: Can I stop anywhere on my way to the quarantine location?**

**A:** You will not be able to make a stop to any place on the way to your quarantine location.

**Q: How can I stay safe in the quarantine home?**

**A:** When in quarantine, you are to remain within the compound until the health worker tells you it is safe to leave. It is important for your health and the health of others to avoid all physical and close contact with others while in quarantine. This means keeping at least 1 metre distance (arms'-stretched length) from others at all times. It is also good to wash your hands with soap and water frequently.

**Q: Are visitors allowed into the quarantine home?**

**A:** No, visitors are not allowed into the quarantine home. It is not safe to invite anyone into the quarantine home. Family and friends from outside are allowed to bring you food and other items; however, they should leave these items with the quarantine staff who will safely deliver them to you. Any delivered items that enter the quarantine home will not be allowed back out. Do not physically exchange money with people making deliveries.

**Q: Is anyone monitoring me while I am in quarantine?**

**A:** A trained health worker will check you every day for signs and symptoms of coronavirus.

**Q: What about my other health needs while I am in quarantine?**

**A:** Please share with the health workers information about any other health needs you have as soon as possible or when you enter quarantine. The health worker will take care of your ongoing health needs throughout your time in quarantine.