



Ministry of
Health
Grenada

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Self-Quarantine Guidelines

Self-quarantine is something you can do at home. It means avoiding contact with other people and social situations . You do this to stop other people from getting COVID-19.

You need to self-quarantine if you do not have symptoms of COVID-19 but you have been in close contact of a confirmed case of COVID-19, or you are returning to Grenada from another country

- **No Visitors.** Ban visitors who do not have an essential need to be in the home. Don't let anyone in, including deliveries or takeout, or service providers like housekeepers.
- **Avoid sharing household items.** Someone with COVID-19 should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with anyone in the home who is not infected. After the patient uses these items, you should wash them thoroughly.
- **Clean all “high-touch” surfaces.** That includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool or other bodily fluids on them. Use a household cleaning spray or wipe, following label instructions.
- **Wash laundry thoroughly.** Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them. Wear disposable gloves while handling soiled items, and keep soiled items away from your body. Clean your hands immediately after removing the gloves.
- **Avoid touching.** Do not hug, kiss or touch anyone while under self-quarantine.