

# CORONAVIRUS DISEASE 2019 (COVID-19)

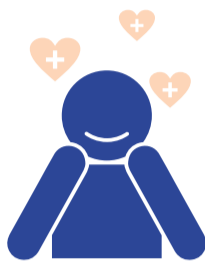
## COPING WITH HOTEL QUARANTINE

When travelling during the pandemic, there are chances you may be quarantined at your destination and after you return. You may feel anxious, lonely and stressed at such times.

### TIPS TO HELP YOU COPE WITH QUARANTINE STRESS AND STAY SAFE:

**Be aware of the local quarantine regulations at your destination and upon return. Know whom to contact if you develop symptoms of COVID-19. Follow local guidance.**

Practice positive thinking, quarantine will last for a limited time.



Stay virtually connected with family and friends.



Be physically active. Exercise inside your room or use your private balcony/garden if available.



Eat healthy. Prefer in-room dining facilities and takeaway options.



Get your required amount of sleep daily.



Engage in activities you enjoy.



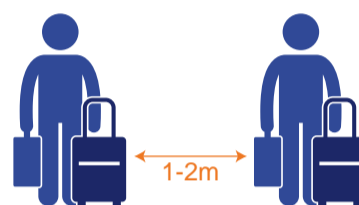
Stay strong - meditate or practice other mindfulness techniques.



Continue to work while in quarantine, if possible.



Stay in your room as much as possible. Avoid unnecessary interactions with other guests or hotel staff.



Always maintain 1-2 metres (3-6 feet) distance from others, especially at check-in and check-out.



Wear a mask in common areas of the hotel.



Wash your hands often. Always carry hand sanitiser with you.



Avoid touching surfaces or items used by others, for example door handles, rails, lift buttons and switches.



Disinfect items in the room that may have been touched by others.



Natural ventilation is safest. Fans and air conditioners in recirculate mode are safe in single occupancy rooms/ rooms shared by people of the same household.



Use digital payment methods, if required.

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

Scan this QR code to watch the COVID-19 Safe Return to Travel video or go to: <https://vimeo.com/442298500>

