CORONAVIRUS DISEASE 2019 (COVID-19)
COPING WITH HOTEL QUARANTINE

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 whenever social distance cannot be achieved.
- 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.

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