

**0+7**

# Epidemic Prevention Rules to Follow during the 0+7 Self-initiated Prevention Period

## Self-initiated prevention

- ◆ An at-home rapid test should be taken on the day of arrival or the first day of the self-initiated prevention period (D0/D1), or the day on which the arrival is listed as a close contact of a confirmed case.
- ◆ In principle, an arrival should stay at home or a residence of a friend or family member or a hotel room that meets the requirement of one person per room (with an en suite bathroom) during the self-initiated prevention period.
- ◆ Avoid contact with persons with a high risk of developing severe COVID-19 symptoms (including people 65 and older, children under 6, individuals who are immunocompromised or have a weak immune system).
- ◆ Stay at home should symptoms occur and take an at-home rapid test.
- ◆ Arrivals are not allowed to visit or stay with a hospitalized individual in a hospital. Non-urgent medical services or examinations should be postponed. Avoid going to long-term care facilities.

## When Going out:

- ◆ Follow these rules when going out.
- ◆ A negative at-home rapid test result taken within 2 days is required for going out.
- ◆ Masks must be worn at all times when outside and social distancing must be maintained. Masks can be temporarily removed for dining and should be immediately put back on afterwards.
- ◆ Arrivals can dine alone or with specific persons in a restaurant. They should put on a mask when they leave their seats or when they finish eating.

## In Case of a Positive Rapid Test Result:

- ◆ Seek medical attention ASAP and have their positive rapid test results evaluated through telemedicine/video consultation sessions or by asking a friend or family member to go to a clinic or the medical institution in charge of home care (public health center included) on their behalf or following the instructions of their local health departments to visit a clinic or such a medical institution.
- ◆ Arrivals with mild COVID-19 symptoms can receive home care at a quarantine hotel or the place where they undergo self-initiated prevention (regular hotel not included).
- ◆ Seek medical help by car, scooter, on foot, or getting a ride from family and friends (with both parties keeping their masks on at all times) or follow the instructions of the local Department of Health. Wear a medical mask and do not take public transportation.