

# 14 DAY RULE

GUIDELINES FOR  
HOME QUARANTINE

For information:  
[www.saglik.gov.tr](http://www.saglik.gov.tr)

- 1** Do not go abroad. Cancel or postpone your travels abroad.
- 2** If you have been abroad, spend the first fourteen days at home on your return from abroad.
- 3** Isolate yourself at home to protect your family members.
- 4** Do not accept visitors during the time spent at home.
- 5** Do not enter the room of the isolated person without a mask.
- 6** Ventilate your room frequently.
- 7** Avoid contact with people, especially the elders and those with chronic diseases.
- 8** Wash your hands frequently with soap and water for at least 20 seconds by scrubbing.
- 9** Clean frequently used surfaces such as door handles, fixtures and sinks with water and detergent every day.
- 10** Do not share your personal belongings such as towels.
- 11** Wash your clothes at 60-90 °C with regular detergent.
- 12** Drink plenty of fluids, maintain a balanced diet and pay attention to your sleep patterns.
- 13** Wear a mask if you have to leave home.
- 14** If you have persistent fever, cough and shortness of breath, go to a health facility wearing a mask.



REPUBLIC OF TURKEY  
MINISTRY OF HEALTH

**THE CORONAVIRUS IS  
NOT STRONGER THAN  
THE MEASURES YOU WILL  
TAKE**

