

Information on Self-Quarantine for COVID-19

Who needs to self-quarantine?

- Anyone who has travelled to a COVID-19 affected country and has no respiratory illness
- Anyone who has been in close contact with a confirmed case of COVID-19 and has no respiratory illness

What does self-quarantine mean?

Self-quarantine means staying in your home, hotel room or provided accommodation, and not leaving for a period of 14 days. Do not allow visitors into the home.

What do I need to do during self-quarantine?

- You need to self-quarantine for 14 days from the date of your arrival in Lesotho or from last date of possible exposure.
- If you begin to feel unwell and develop a fever and any respiratory illness during your period of self-quarantine you should seek medical care. Call ahead to your health facility or GP and reveal your travel and contact history. Or call your Public Health Team. Or call toll free number 80032020

Does this mean my family or other people I live with need to self-quarantine?

The family must do everything in their power to ensure that the traveler is isolated and is not in close contact with anyone until they are cleared. However, if the traveler develops signs and symptoms and tests positive for COVID 19, the family members will need to self-quarantine for 14 days.

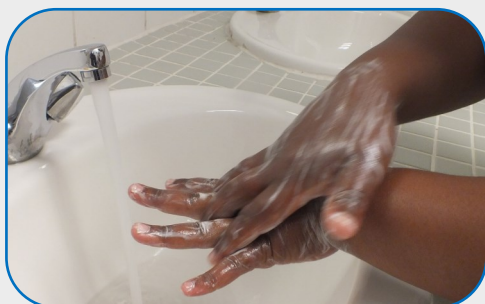
What happens when I end my 14 days of self-quarantine?

People who have self-quarantined for 14 days without any signs and symptoms are free to go about their usual activities. They should be checked by a Public Health Team and be given a clearance certificate.

General advice during self-quarantine

- Talk to the other members of the family about the infection
- Reassure young children using age-appropriate language
- Arrange with your employer to work from home
- Ask your child's school to supply school work and assignments by WhatsApp or email
- Keep in touch with family members and friends via telephone, email or social media
- Exercise regularly to reduce stress levels
- Keep positive thoughts. Remember that quarantine won't last for long

Frequently clean hands by using alcohol-based hand rub or soap and water



When coughing and sneezing cover mouth and nose with flexed elbow or tissue – safely discard the tissue immediately, wash hands



TATAISO HO SECHABA KA BOEMO BA HO IPEHA SEBAKENG SE BOLOKEHILENG KHAHLANONG LE KOKOANA-HLOKO EA CORONA

Ke mang ea lokelang ho behoa sebakeng se bolokehileng?

- (Motho ea tsoang leetong naheng e anngoeng ke kokoana-hloko ea corona a senang bothata ba bokulo ba matšoafo
- Motho ea bileng le kopano le motho ea nang le tšoaetso ea kokoana-hloko ea corona a se na bothata ba bokulo ba matšoafo

Ho ba sebakeng se bolokehileng ho bolelang?

Ho lula lapeng ha hau kapa heno, sebakeng sa bolulo seo motho oa moeti a lulang ho sona, 'me u sa kopane le batho ba bang matsatsi a leshome le metso e mene.

Seo motho a se hloka ka nako eo a leng sebakeng se bolokehileng

- U hloka ho ba sebakeng se bolokehileng matsatsi a leshome le metso e mene, u bala ho tloha ka letsatsi leo u fihlileng ka lona naheng ea Lesotho, kapa letsatsi la ho qetela le ka nkoang e le nako eo ho belaeloang hore u kopane le tšoaetso
- Ha u ikutloa u sa phela hantle, u na le mocheso o phahameng oa 'mele, kapa matšoafo a ho hema ka thata nakong ena eo u leng sebakeng se bolokehileng; u batle thuso setsing sa bophelo. Letsetsa setsi sa bophelo kapa ngaka ea hau u eso tlohe sebakeng se bolokehileng ho tlaeha bothata ba hau, u bile u fana ka litaba tsa hau tsa boeti kantle ho naha ekasitana le ho bolela pelaelo ea ho kopana le tšoaetso ea kokoana-hloko ea corona. U ka boela ua letsetsa nomoro ena e sa lefelloeng: 80032020

Ho ba sebakeng se bolokehileng ho bolelang ho lelapa la ka?

Lelapa le na le boikarabelo ba ho netefatsa hore motho ea behiloeng sebakeng se bolokehileng ha a kopane le batho ba bang ho fihlela pheletsong ea matsatsi a leshome le metso e mene. Le ha ho le joalo, ha motho ea behiloeng sebakeng se bolokehileng a e ba le matšoafo 'me a qetela a fumanoe a ena le kokoana-hloko ea corona; ba lelapa ba tla beoa sebakeng se bolokehileng le bona.

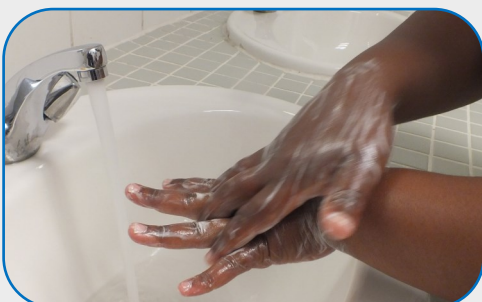
Se lebeletsoeng oheletsong ea matsatsi a leshome le metso e mene

Batho ba lutseng sebakeng se bolokehileng matsatsi a leshome le metso e meneba sa bontše matšoafo ba lokolohile ho tsoela pele ka bophelo ba bona bo tloaelehileng. Ba lokela ho hlalohoa ke mosebeletsi oa lekala la bophelo ea tla fana ka tumello ea hore ba lokolohe.

Keletso nakong eo motho a leng sebakeng se bolokehileng

- Bua le ba lelapa la hau ka kokoana-hloko
- Bua le bana ka tsela e bonolo e utloisoang ke bona
- Etsa tokiso le mohiri oa hau hore u etse mosebetsi oa hau u ntse u le lapeng ha hau
- Etsa tokiso le bookameli ba sekolo sa ngoana/bana ba hau ho romela mosebetsi oa sekolo ka marang-rang
- Buisana le ba lelapa le metsoalle ka mohala le ka marang-rang
- Koetlisa 'mele oa hau khafetsa ho fokotsa boemo ba khatello ea maikutlo
- Lula u le maemong a monahano a batsi. Hopola hore boemo boo u leng ho bona ke ba nakoana

Hlapa matsoho khafetsa ka metsi
a phallang le sesepa kapa
Sebelisa sesebelisoa se hlapang
matsoho se rekisoang



Ha u khohlela kapa u thimola
koahela molomo le linko ka
bokahare ba setsui kapa u
sebelise pampiri e minang 'me
u e lahlele ntloaneng. Hlapa
matsoho ka metsi a phallang
le sesepa

