



## Information in Simplified English

### What does quarantine mean?

If you have met someone with an illness, they may have infected you.

It takes a few days before the illness shows itself.

**But:** You may already be able to infect others. For this reason, the public health department may call you and tell you: You have to go into **quarantine at home**.

Pronunciation: kwa-ran-teen.

Stay **at home!**

Do **not** go to work!

Do **not** have visitors!

If you live with others, stay in your room!

You also need to **eat alone**.

Quarantine lasts for two weeks.

Call your friends and relatives. They can help you.

For instance by

- going shopping for you
- walking your dog.

If there is **nobody** to help you, call the public health department.



## What is the Corona virus?

The Corona virus causes an illness.

The Corona virus is also known as COVID-19.

## What happens if you get the Corona virus?

When you get the Corona virus, you may

- sneeze and cough
- get a fever
- have problems with breathing

The illness can be very dangerous for weak and old people.

Some people die from the illness.

A person with the Corona virus can infect other people.

For example:

- If that person coughs on others.
- If that person sneezes near other people.



## What is important:

- Wash your hands frequently.
- Sneeze into your elbow.
- Use paper handkerchiefs if you have a runny nose.



**A verbal order to go into quarantine is just as binding for you as a written notice is.**

**If you fail to follow quarantine orders you can expect legal consequences.**