



Republic of Botswana

Ministry of Health and Wellness

NOTICE

CORONA VIRUS

FREQUENTLY ASKED QUESTIONS ABOUT INSTITUTIONAL QUARANTINE

1. What is a quarantine?

A quarantine is a process whereby individuals who have been exposed to a contagious disease are separated and restricted movement to avoid possible infection to other people.

2. Why am I kept here?

Governments use quarantines to stop the spread of contagious diseases. Currently you are in a government-mandated quarantine. Quarantines are for people or groups who don't have symptoms but were exposed to the disease. A quarantine keeps them away from others so they don't unknowingly infect anyone.

3. What are the rules of a quarantine?

- Visitors are not allowed to visit
- Items from outside the quarantine will not be accepted except for items such as medication, clean clothes and special diet needs.
- Do not leave your room at any point in time

4. When am I going to be tested?

You will be tested at day 10 of your stay in quarantine.

5. If the test is negative, will I be allowed to go home?

You will be quarantined for 14 days and will only be allowed to go home at the end of the set dates.

6. Why are we kept for 14 days?

We do quarantine for 14 days because you can be contagious for up to two weeks after being exposed to COVID-19. The incubation period of the virus - the time between exposure to a virus and its first symptoms appearing - is 5 to 10 days on average. So if you have been potentially exposed, and you have not shown symptoms for 14 days, you may not have COVID-19. A test has to be done to confirm that indeed you are not infected.

7. Why we are not allowed to take things from outside?

Items from outside are not allowed in the quarantine since they may be contaminated and may increase transmission to you if you are not infected.

9. What happens after 14 days of quarantine?

By day 14, your test results will be available to inform us if you are positive or not. If your test result is positive, you will be taken into a designated hospital for further management of the disease. If you have tested negative, you will be offered with a fitness certificate and be allowed to go home. When you are home, wash hands frequently, practice social distancing and inform health authorities as soon as you experience respiratory symptoms.

8. Why am I not allowed to go out of my room?

You may pose risk to others who have not been exposed to infection if you have COVID 19. This is meant to control the spread of the disease. This is also to protect you from contracting COVID 19 from others

Ministry of Health & Wellness
Tel: 363 2766
Toll free number: 0800 600 740

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.

Follow instructions from the MoHW and WHO
If you need help please call: 363 2756, 363 2757
or 363 2273.

