



To all citizens and residents

You must abide by the following self-isolation instructions for 14 days, in the case you return from one of the countries with a high volume of Coronavirus (**COVID-19**) cases



Avoid contact with others by separating yourself in a specific room and by using a separate bathroom



Avoid sharing personal household items including plates, cups, eating utensils, towels, or bedding with other people



Wear a facemask when you are around other people or pets



Cover your coughs and sneezes with tissues and ensure that the used tissues are disposed of in a closed trash can; wash your hands with soap and water or clean your hands with an alcohol-based sanitizer immediately after sneezing



Wash your hands regularly with soap and water or with an alcohol-based hand sanitizer



If you become ill with fever, cough, or shortness of breath you must call **(444)** and request medical care

Pursuant to Law no (34) of 2018 Issuing the Public Health Law and its related decisions, a prison term of not less than 3 months and a fine of not less than BD 1,000 and not more than BD 10,000 or either, shall be imposed on every person who intentionally conceals a person with a contagious virus or exposes others to viruses, or who intentionally causes the transmission of viruses to others, or refrains from carrying out any measure to prevent the spread of the virus.