

From 15 March, after returning to Poland, you will be obliged to undergo a **mandatory 14-day quarantine**.

What does that mean?



You will have to be self-quarantined at home for 14 days at the address you provided in your driver/passenger form.



If you cannot be self-quarantined at home, you will be quarantined at the health facility chosen by the authorities (you will be provided with this information when crossing the border).



Please follow their instructions and guidelines.

If you are quarantined at home, follow these instructions.

- **Stay at home, don't go shopping.**
- **Pets do not suffer from COVID-19. Therefore, there is no need to part with your pet. If it is still necessary, ask your family or close friends to look after your pet during quarantine.**
- Don't meet other people and don't invite anyone to your house.
- If you live with your family, limit contact with them as far as possible and keep a safe distance of at least 2 metres.
- Use separate dishes that are not used by other residents.
- If possible, use a separate bathroom/toilet from the rest of the residents; if not possible, after using the bathroom/toilet, disinfect it with any available cleaning products.
- **Ventilate the apartment several times a day, follow the hygiene rules.**
- Wash your hands frequently and disinfect surfaces such as: tabletops, door handles, phone screens.
- Monitor your body temperature at least twice a day.
- If you have a fever, cough or breathing difficulties, call a sanitary and epidemiological station immediately or visit the infectious diseases ward, while avoiding public transport.
- Give information about your health to the Sanitary Inspection staff that will call you.
- Police officers help to ensure that the self-quarantine is being observed – they can visit you during the self-quarantine.
- If you need to contact a General Practitioner, use the e-consultation service. The GP may issue an electronic prescription and an electronic sick note. A list of Primary Health Care facilities (POZ) that provide tele-consultation service in your area is available at the National Health Fund website: bit.ly/teleporady-lista. More information about e-health is available at pacjent.gov.pl.



The Self - quarantine application (Kwarantanna Domowa), prepared by the Ministry of Digital Affairs, which you can find in Google Play and App Store, will help you to self - quarantine.

Download and install it upon arrival at the quarantine site.

For more information, visit www.gov.pl/kwarantannadomowa.

Failure to comply with the self-quarantine rules may result in a fine of PLN 5000