

Avoid Sharing

Avoid sharing household items

Iwasan na maghiraman ng gamit.



- You should not share eating utensils, dishes, drinking glasses, cups, towels, bedding, or other items with other people in your home.

Iwasan na maghiraman ng mga personal na kagamitan tulad ng kutsara't tinidor, plato, baso, tuwalya, kumot, at iba pa.

- After using these items, you should wash them thoroughly with soap and water.

Hugasan nang maigi ang mga kasangkapan gamit ang sabon at tubig pagkatapos gamitin.

Monitor Symptoms



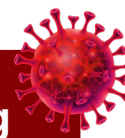
Monitor your symptoms

Bantayan ang sintomas.

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before going to the ED, call ahead to tell them that you are on home quarantine for monitoring of COVID-19 symptoms. This will help the ED prepare for your arrival.

Kumonsulta sa pinakamalapit na ospital kung lumala ang sintomas (hal. hirap sa paghinga). Tumawag muna sa Emergency Department at ipaalarm na ikaw ay may sintomas ng COVID-19 para sila ay makapaghanda.

Thank you for choosing
Makati Medical Center,
where safety is a priority!



Received By:
Natanggap ni:

Name and signature of Patient
Pangalan at Pirma ng Pasyente

Date / Petsa: _____

Instructed by:
Natanggap ni:

Name and signature of Nurse/Doctor
Pangalan at Pirma ng Nars/Doktor

Date / Petsa: _____

For concerns, please contact
Emergency Department at
88888-999 local 1092 or 1093
or Makati Medical Center
laboratory 88888-999 local 3012.



MAKATI MEDICAL CENTER

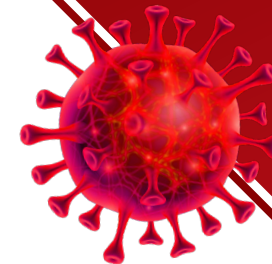
2 Amorsolo Street, Legaspi Village
Makati City, Philippines 1229



MAKATI MEDICAL CENTER

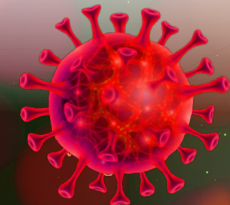
HOME QUARANTINE INSTRUCTIONS

GABAY PARA SA QUARANTINE SA TAHANAN



Mild Cases of Infection

Para sa Hindi Gaanong Kalubhang Kondisyon





Stay Home

Stay home

Manatili sa bahay

- You should restrict activities outside your home, except when getting medical care.

Iwasan na lumabas ng tahanan maliban na lamang kung kailangan ng atensyong medikal.

- Do not go to work, school, or public areas, and do not use public transportation or taxis.

Huwag nang pumasok sa trabaho o paaralan o pumunta sa matataong lugar. Iwasan din ang pagsakay sa pambublikong transportasyon o taksi.



Separate Yourself

Separate yourself from other people in your home

Ihiwalay ang sarili sa iba pang miyembro ng pamilya.

- It is best to stay in a different room by yourself in your home. Also, you should use a separate bathroom, if available.

Mas makabubuti kung mananatili sa isang hiwalay na silid at gumamit ng hiwalay na palikuran / banyo.



Monitor Temperature

Monitor your temperature three (3) times per day

Bantayan ang temperatura ng katawan tatlong (3) beses sa isang araw.



Call Ahead

Call ahead before visiting your doctor

Makipag-ugnayan muna sa ospital o opisina ng doktor bago kumonsulta.

- If you develop fever (temp of 38C or higher) or any respiratory symptom (cough, colds) call the Emergency Department (ED) to inform them that you will be going to the ED for assessment.

Kung sakaling makaranas ng mga sintomas gaya ng lagnat (38 degrees Celsius o higit pa), ubo, at sipon, tumawag sa Emergency Department bago magpakunsolta.



Wear a Facemask

Wear a facemask

Gumamit ng face mask.

- You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider.

Magsuot ng mask kung mananatili sa iisang silid na may ibang miyembro ng pamilya at kung magpapakunsolta sa ospital.

- If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

Kung hindi mo kakayanin magsuot ng mask, siguruhin na magsuot ng mask ang mga taong nakapaligid sa iyo.



Cover Coughs and Sneezes

Cover your coughs and sneezes

Takpan ang bibig kung uubo at babahing.

- Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve.

Gumamit ng tisyu kung uubo o babahing. Maari rin na gamitin ang manggas ng iyong damit.

- Throw used tissues in a lined trash bin, and immediately wash your hands with soap and water for at least 20 seconds.

Itapon ang ginamit na tisyu sa tamang basurahan at agad na maghugas ng kamay gamit ang sabon at tubig.



Hand Wash

Wash your hands

Maghugas ng kamay.

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.

Linisin nang madalas at maigi ang mga kamay gamit ang sabon at tubig sa loob ng dalawampung (20) segundo o higit pa.

- You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty.

Maaari rin na gumamit ng hand sanitizer na may alcohol kung walang tubig at sabon at kung hindi gaanong marumi ang mga kamay.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Iwasan na hawakan ang mata, ilong, at bibig kung hindi pa nakapaghugas ng kamay.