

# During the epidemic, 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, together with the people you live with, at the address you provided to the Border Guard officers.**



**If you cannot be self-quarantined at the address you provided, you will be quarantined at a health facility indicated to you by the services (you will be advised of it 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. This also applies to other household members.
- Install the mandatory Kwarantanna domowa (Home quarantine) application on your phone.
- Pets do not suffer from COVID-19, so there is no need to part with your pet. If there is still a need to do so, please ask your family or friends to look after your pet for the duration of the quarantine.
- Don't meet other people and don't invite anyone to your house.
- If you live with other people, 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 the poviatsanitary and epidemiological station immediately or visit the infectious diseases ward, while avoiding public transport.
- Give information about your health to the Sanitary Inspection staff who 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](https://bit.ly/teleporady-lista). More information about e-health is available at [pacjent.gov.pl](https://pacjent.gov.pl).



If you are self-quarantined at home, your postal items will be waiting for you at the post office until the self-isolation time is over. The first delivery attempt will be made after the quarantine. This does not apply to money orders that will be delivered to you in a special secure envelope.



**Kwarantanna domowa – a mobile application will help you to carry out the quarantine. You are obliged to use it\*. Download it and install it on your phone. You can find the application in the App Store or Google Play.**

**More information at [www.gov.pl/koronawirus](https://www.gov.pl/koronawirus) The National Health Fund hotline: 800 190 590**

## **Failure to comply with the self-quarantine rules may result in a fine of PLN 30 000**

\* Persons with a visual impairment (blind or partially sighted) as well as persons who have declared to the relevant service that they are not subscribers or users of the telecommunications network or do not have a mobile device that would enable to install the application are exempt from the obligation to use Kwarantanna domowa application. The declaration is made under pain of criminal liability. You can submit the declaration by phone, by calling 22 165 57 44, or by using the form at [www.gov.pl](https://www.gov.pl). If you cannot submit it by any of these means, please hand the completed form to the Police. You can find the declaration form at [www.gov.pl/kwarantannadomowa](https://www.gov.pl/kwarantannadomowa)