

# From 15 March, after returning to Poland you will be required to undergo **mandatory 14-day quarantine**

## What does this mean?



You shall stay in home quarantine for 14 days at the address you entered in your Passenger Location Card.



If you cannot quarantine at home, you will be quarantined at the centre indicated to you by the Services (you will be properly informed when crossing the border). Please follow the instructions and guidelines of the Services.



While staying in home quarantine, follow these instructions:

- Do not leave your place of stay.
- Do not go out shopping.
- If you have pets, give them to your family or friends for the duration of the quarantine, if possible. If impossible, seek municipal support by phone.
- Do not meet with other people and do not invite anybody.
- If you live with your family, limit contact with them as far as possible and keep a safe distance of at least 2 metres.
- Do not share your kitchen utensils with other people in the apartment.
- If possible, do not share a bathroom/toilet with other household members; if impossible, after using the toilet/bathroom, disinfect it with available cleaning products.
- Ventilate the apartment several times a day.
- Keep to the rules of hygiene.
- Wash your hands frequently and disinfect high-touch surfaces such as worktops, handles, telephone screens.
- Check your body temperature at least twice a day.
- If you have a fever, cough, or shortness of breath, contact a sanitary-epidemiological station immediately or report to the infectious diseases ward, avoiding public transport.
- Provide information about your health to the Sanitary Inspectorate staff calling you.
- Police officers help verify that the quarantine is being observed – they can visit you during the quarantine.
- If you need to contact a primary health physician, use teleconsultation. The physician is authorised to issue an e-prescription and an e-leave. A list of primary health establishments providing teleconsultation in your area is available on the National Health Fund (NFZ) website: [bit.ly/teleporady-lista](https://bit.ly/teleporady-lista)

More information on [www.gov.pl/koronawirus](https://www.gov.pl/koronawirus) NFZ hotline: 800 190 590

**Failure to comply with the quarantine may result in a fine of PLN 5000.**

