

# 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.**

  
Ministerstwo Zdrowia

