

Important instructions for travelers from countries where COVID-19 cases have been recorded

从有新型冠状病毒感染案例国家到访巴林游客的 重要指南

Stay at home for 14 days and follow these instructions:

居家隔离14天注意事项及其他相关指南

Avoid contact with others by separating yourself in a specific room and by using a separate bathroom 避免与他人接触,包括使用单独的卧室和单独的卫 生间。

Avoid sharing personal household items including plates, cups, eating utensils,

💋 towels, or bedding with other people

> 避免与他人共用居家用品,包括碗盘、水杯、餐具、毛巾或着床上用品



Wear a facemask when you are around other people or pets

当与他人或宠物接触时,佩戴口罩

Cover your coughs and sneezes with tissues and ensure that the used tissues are disposed of in a closed trash can; wash your hands with soap and water or clean your hands with an alcohol-based sanitizer immediately after sneezing

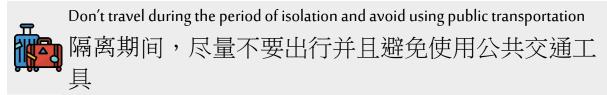


咳嗽或打喷嚏时用纸巾盖住口鼻,并把用过的纸巾 妥善丢弃到密封的垃圾桶。打完喷嚏后立刻用香皂 和水洗手或者用含有酒精的免洗消毒液清洁手部 Wash your hands regularly with soap and water or with an alcohol-based hand

Wash your hands regularly with soap and water or with an alcohol-based hand sanitizer



日常勤洗手,用香皂和水洗手或者用含有酒精的免 洗消毒液清洁手部



Monitor your symptoms: if you become ill with fever, cough, or shortness of breath in the next 14 days, you should seek medical care and call the COVID-19 Hotline (444). Inform the doctor of your recent travel history.



随时自我检测:如果在14天内出现发烧、咳嗽、气 短,请及时就医,并拨打新冠求助热线444. 同时 告知医生,最近的出行路线。



You will be contacted by Public Health

regularly to monitor your symptoms

公共健康部门会与您随时保持联系,以便及时掌握您的健康状况