

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 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



Don't travel during the period of isolation and avoid using public transportation

隔离期间，尽量不要出行并且避免使用公共交通工具

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