

Appendix 15: SARS Home Quarantine Pack; Instructions on Use

The following is supplied in your Home Quarantine Pack

- 2 Surgical masks
- Disposable thermometers (temp-a-dot) x 20

The thermometers are to check your temperature twice a day for 10 days (or as instructed by your GP). If you develop a temperature or any of the symptoms on the information sheet you have been given, you should contact your GP by phone. At this stage you should start wearing one of the masks provided – especially if anyone else is in the room with you.

You do NOT need to wear the mask as long as you remain well and symptom free.