8 QUARANTINE TIPS
To stay safe during COVID-19

**TIP 1**
Understand if quarantine is required upon arrival. It is important to understand the requirements of your destination so you can be prepared and not surprised upon arrival. These requirements may change quickly so you must keep abreast of all developments.

**TIP 2**
Identify a suitable location. You should choose a location that is comfortable for you, ideally with access to outdoor space. If possible having access to food delivery is helpful, as well as excellent Wi-Fi.

**TIP 3**
Quarantine in groups if possible. This is very useful to maintain a positive attitude and good mental health during your quarantine time. Of course choose fellow quarantine friends that will abide by all the necessary restrictions to maintain everyone’s health.

**TIP 4**
Provide social support. It is critical to maintain social contacts during your quarantine to avoid feelings of isolation. This support can help you cope with any anxiety associated with the quarantine. If possible, maintain communication with family and friends at home.

**TIP 5**
Provide psychologic support. The period of quarantine may bring associated feelings of depression and anxiety. You should not hesitate to reach out for support if you experience these feelings. Psychologic support provided electronically is very useful to provide you with coping strategies during the quarantine.

**TIP 6**
Bring adequate food, clothing, and medication. It is most important to have all the basic necessities at hand since you may not be able to leave to restock. It is helpful to bring the foods that you like, and of course you must have ample supplies of all necessary medications. It is very important that you continue your usual medications and do not run out.

**TIP 7**
Stay active with regular exercise. Maintaining an exercise routine will contribute to your overall sense of wellness, and is a good use of the extra time you will have. If you have access to outdoor space you should try to exercise outdoors. Of course bring exercise equipment with you so you are prepared.

**TIP 8**
Maintain a work schedule for academic studies. During the quarantine it is important to maintain your usual schedule as far as possible, and this of course includes academic studies. This is a good opportunity to get ahead in your schedule. Being productive will also contribute to your overall sense of wellness.