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RECOMMENDATIONS FOR PERSONS IN QUARANTINE

1. Information represents the key success factor; quarantined persons must be constantly informed and updated on the epidemic progress.
2. It is necessary to provide food and other materials and any necessary drugs without making people feel abandoned or alone.
3. The quarantine period should be short, and the duration should not be modified except in extreme circumstances.
4. Most of the side effects derive from the freedom restriction imposition; voluntary quarantine is associated with less stress and fewer long-term complications; therefore, it is necessary to explain clearly the reasons for such suggested behaviours.
5. Public health officials should stress the selfless choice of self-isolation.
6. Quarantined healthcare workers can be helpful in producing useful documents or other materials while at home for their colleagues. They could contribute by making suggestions and stay in touch with social media.

