

**Mandatory orientations to be complied by the travelers who arrive to the Dominican Republic from the countries where the coronavirus (COVID-19)'s transmission is active, but who do not present any symptoms.**

To prevent the proliferation of the disease caused by the new coronavirus 2019 (COVID-19) within the Dominican territory, the Ministry of Public Health require you to comply the following recommendations:

**1-Stay at home, only go out when you need medical attention.**

Must restrict all the activities that require you to leave your house, except when you need to get medical attention. This means that you must not go to work, school or college, visit theaters, stadiums, parks, or any other public space. This measure must be undertaken within a period of 14 days after the date that you left the country with active transmission or you were in contact with someone sick.

Note: In case of violating this measure, the Ministry of Health reserves the right to subject you to quarantine within a health center, in accordance with articles 63 and 66 of the 42-01 law.

**2-You must be away from people, even from those who reside with you.**

The Ministry of Health recommends maintaining minimal contact with your close acquaintances and family, and if possible, to have a bathroom only for your use.

**3-When you sneeze or cough, cover your mouth and nose with your flexed elbow or tissue, preferably a disposable tissue.**

Cover your mouth and nose with a tissue when you sneeze and cough. Discard the tissues on the garbage and wash your hands with soap and water.

**4-Wash your hands with soap and water frequently.**

It is always important to keep your hands clean to avoid the transmission of the virus to healthy people and to contaminate surfaces and objects. Preferably, wash your hands with water and soap, or use alcohol-based hand rub.

**5-Health workers will be visiting you daily to monitor your health.**

You must cooperate with the health workers who will be visiting and calling you daily in order to safeguard your health and detect any suggestive symptom of the disease as soon as possible.

**6-Do not share items of personal use.**

We recommend you not to share items such as cups, toothbrush, plates, towels, bed linen, and other personal items.

**7-Monitor your symptoms frequently.**

You must check your corporal temperature at least twice a day, as well as pay attention to sudden cough, respiratory difficulty, allergies and other manifestation of suggestive symptoms of this disease. You must notify immediately to the health authorities through the following contacts:

**National Liaison Center for International Health Regulations (General Direction of Epidemiology):**

- By phone (any day of the week, from 8:00 AM to 8:00 PM): 1-809-686-9140 or free toll 1-809-200-4091.
- From 8:00 PM to 8:00 AM, contact the cellphone: 1-829-542-7009
- By email: [alertatemprana@ministeriodesalud.gob.do](mailto:alertatemprana@ministeriodesalud.gob.do)
- Epidemiological directory-Provincial Directions and Health Areas (DPS/DAS) available at:  
<http://digepisalud.gob.do/directorio-epidemiologico/>

I have read, understood and I accept to fulfill these recommendations

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Traveler's signature

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Traveler's passport number

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Traveler's phone number