



Mandatory application* Home quarantine



People who have arrived or returned to Poland and are subject to mandatory quarantine.



1 Listen carefully to the Border Guard officer during control.



2 Provide a phone number that belongs to you. This is very important!

During the control, provide only the phone number you will actually use. Only one person can use each phone. If you want to provide a number for your employer or guardian, you can only do it in the next step.



3 Declare a location where you will stay during your quarantine.

You should stay in one place during the entire quarantine period.



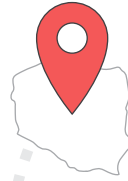
4 You will receive an SMS inviting you to install the Home Quarantine application.

It usually takes up to 24 hours from arrival.



5 Upon arrival, download the Home Quarantine application.

The application can be found in the App Store, Google Play and App Gallery.



People who are in Poland and are subject to mandatory quarantine.



1 If you find yourself in the risk group, a local sanitary service representative will contact you.



2 During the conversation, provide or verify the phone number that belongs to you. This is very important!

Provide only the phone number you will actually use. Only one person can use each phone.



3 Declare a location where you will stay during your quarantine.

You should stay in one place during the whole quarantine period.



4 You will receive an SMS inviting you to install the Home Quarantine application.

This usually takes up to 24 hours from talking to a sanitary service representative.



5 Having arrived at your quarantine location, download the Home Quarantine application.

The application can be found in the App Store, Google Play and App Gallery.



6 Run the Home Quarantine application and activate it using your own phone number. Do this only in the location where you have chosen to spend the quarantine.



If your number is not yet in the Quarantine database, wait a few hours and try again.



8 Perform the first task in the application. It involves taking a picture. Perform this task in the location where you have chosen to spend the quarantine.



9 You will receive notifications of new tasks every day. By performing them, you will confirm that you are observing the quarantine.



Mandatory application*
Home quarantine

What do you gain with the application?

1. You have access to reliable epidemiological information.
2. You can get support in the form of contact with a psychologist, report an urgent need (e.g. ask for basic food products).
3. You avoid daily police visits.

Remember that the police can still visit randomly selected people.

How do I change the phone number in the application?

Report such a need during the police visit or call your district officer.
Contact the helpline at +48 22 165 57 44.

Where can I find more information about the application?

Go to www.gov.pl/karantannadomowa – you will also find there the application regulations.

You can also get information by calling +48 22 165 57 44.