

Information on Community Based Facility Quarantine (CBFQ) as of 3rd June 2020

The following regions and states have issued information on Community Based Facility Quarantine (CBFQ) as decreed by the Ministry of Health and Sports –

1. Kayin State
2. Chin State
3. Mon State
4. Shan State
5. Yangon Region
6. Magway Region

Instructions for Community Based Facility Quarantine (CBFQ) in Nay Pyi Taw Council area

- When entering the NPTC area, you need to provide proof of residency in your original Township, Ward or Village.
- Residents living in designated Stay at Home townships of States or Regions, who wish to enter Nay Pyi Taw without the authority's permission or without notification of prior approval, are required to enter into Community Based Facility Quarantine for 21 days. This will be arranged by the Nay Pyi Taw Council.
- Residents, living in designated Stay at Home townships of States or Regions, who are permitted to enter Nay Pyi Taw by the Union Government and Union Ministry, are required to undergo a medical

check-up at the NPTC entrance gate and will not be allowed to enter if they test positive.

- Foreign Ambassadors and staff living in Myanmar and staff from UN organizations and other international organizations who stayed at home in their Regions and States, can enter Nay Pyi Taw by obtaining permission from the relevant Ministry and passing the NPTC entrance health check.
- The employees of authorized organizations and companies can enter Nay Pyi Taw by obtaining necessary permission and a recommendation letter from the relevant Ministry and passing the NPTC entrance health check.
- A person with no symptoms who lives in a virus-free township of the Regions and States can enter into Nay Pyi Taw after passing the NPTC entrance health check.
- If there are any suspected symptoms, the individual will be sent to the relevant hospital and undergo the necessary medical treatment.

For residents of Nay Pyi Taw

- If you are entering Nay Pyi Taw, please provide proof of which cities or regions you visited.
- People who cannot prove which city they visited, those who refuse to provide evidence and if there is strong evidence that you have visited a specific townships, you will placed in Community Based Facility Quarantine(CBFQ) sites managed by Nay Pyi Taw Council and stay for 21 days in lockdown.

- Those returning from an infected region or state and who have not been infected, will be given a medical checkup at NPTC entrance and only be allowed to enter if there are no suspected symptoms.
- If you have any suspicious symptoms, you will be sent to the relevant hospital for medical treatment.

Instructions for Community Based Facility Quarantine (CBFQ) in Kachin State

- All incoming visitors from the Maw-han, Moe-nyin, Nan-mar, MyoThitKalay, Ho-pin, Nant-Kuwn, Pinn-Baw, MinKone, Taung-ni, SarMaw, Hto-pu, Moe-Kaung, Nan-ma-tee, Ma-yan, Ma-Li-Kha, Pyi-htaung, Nan-Kwe, MyitKyina train-stations along the Mandalay-Myitkyina railway within Moe-nyin district and Myitkyina district of Kachin State by train will be subject to 21 days homestay quarantine in their respective area.
- If incomings are from other states and regions, they will be subject to 21 days Community Based Facility Quarantine (CBFQ) on their arrival at the ward/village/district around the respective train station area.

Regional Level Committee for prevention, control and emergency response of Coronavirus Disease 2019 (COVID-19) announcement of Kachin State regional government.

Instructions for Community Based Facility Quarantine (CBFQ) in Mandalay Region

- As per the Ministry of Health & Sports directive, Shwe Pyi Thar Township, Hlaing Thar Yar Township, Mingalardon Township, Botahtaung Township, Bahan Township, South Okkalapa Township,

Pabedan Township, Tamwe Township and Kalay Township have been exempted from the Stay at Home program. As there have been very few infections in other outbreak regions, except for the areas where external viruses have been found especially in the Mandalay Region. Returnees and all visitors from Insein and Mayangone townships who required Stay at Home orders, within Yangon, are required to carry out a 21-day facility quarantine and 7 days home quarantine. Local residents from other regions are not required to undertake facility quarantine and home quarantine.

Mandalay Region Coronavirus Disease 2019(COVID-19) Control and Emergency Response Committee 's Letter No.2/4-7/3 U 6(1940) dated on 30-5-2020.

Instructions for Community Based Facility Quarantine (CBFQ) in Kayah State

- To follow the quarantine entry requirements for the prevention of coronavirus disease 2019 (COVID-19) in Kayah State from 16-6-2020 to 30-6-2020
- All returnees from outside of the Kayah State have to enter 21 days Community Based Facility Quarantine and 7 days Home Quarantine
- All returnees who re-enter from any part of Myanmar except in the above paragraph (1) do not need to enter Community Based Facility Quarantine and days Home Quarantine (Note: If you suspect high body temperature and infection, go to a nearby health center for treatment)
- Except the returnees from the foreign countries mentioned in paragraph(1) above, the citizens who will come to Kayah State for various reasons have to accept medical check-up in/out of respective townships
- To bring administration office of respective quarter and village group's travel recommendation letter which is released within a week

Instructions for Community Based Facility Quarantine (CBFQ) in Rakhine State

Policy on Quarantine of those Returning from Foreign Countries

- Regarding with the policy on Quarantine of those returning from foreign countries, person who came after completing 21 Days Quarantine in border and present medical certificate must be stayed 7 Days Home Quarantine in the respective townships.
- If those who have not yet quarantined in border, they must be provided 21 Days Community Based Facility Quarantine or Hotel Quarantine and

if the first Quarantine date is due, they will be subjected to 7 Days Home Quarantine in their homes.

Policy on Quarantine of those Returning from Foreign Countries or Naypyitaw Council, Region and State

Infectious Area

- Those coming from infectious areas to Rakhine State must be subjected to 21 Days Community Based Facility Quarantine or Hotel Quarantine when returning to the respective townships and they will be provided 7 Days Home Quarantine if the first Quarantine date is due.

Non-Infectious Area

- Those coming from non-infectious areas to Rakhine State must be subjected to 7 Days Home Quarantine.

Instructions for Community Based Facility Quarantine (CBFQ) in Sagaing Region

- You are required to carry out 7 days home quarantine and 21 days CBFQ if you have been in outbreak area outside Sagaing Division.
- If you are coming back from non-outbreak area, you are required to be checked by the authorities and to carry out 7 days home quarantine and 21 days CBFQ if necessary.
- If you are coming the Sagaing Division for a day, you will be required to undergo a medical checkup at the respective checkpoints, inform your exact destination, address and contact phone numbers at the checkpoints and to inform the respective checkpoints the time of your departure without fail.

Issue letter No.8/2020 in the date of 29-4-2020 form the Government of the Sagaing Division.

Instructions for Community Based Facility Quarantine (CBFQ) in Tanintharyi Region

- When community members of any township in the Tanintharyi Region go outside of their home they are required to wear a mask.
- People who come back from a foreign country must enter Community Based Facility Quarantine (21) days and Home Quarantine (7) days, Total (28) days.
- People who lived in townships with officially confirmed cases, must enter Community Based Facility Quarantine (21) days and Home Quarantine (7) days when they return to the Tanintharyi Region.
- People who lived in a COVID Free Zone must be investigated by the local authorities and should enter Community Based Facility Quarantine (21) days and Home Quarantine (7) days as necessity when returning to Tanintharyi Region.
- People who need to travel within the region except for funeral and health reason, are required to get a travel recommendation letter from the respective authority's office and must return the recommendation letter to the authorities when they return back to Tanintharyi Region.
- In the case of mandatory Travel, personal vehicles are allowed to take no more than 4 people.
- Civil Servants are not allowed to travel except on duty travel.
- Vehicles must receive permission from authorities, except for vehicles carrying food/medicine and petrol, must pass through Mahlwaltaung Investigation Gate in Dawei District, Yayphyu Township.

Regional Level Committee for the presentation, control and emergency response of Coronavirus Disease 2019 (COVID-19) announcement of Tanintharyi Regional Government.

Instructions for Community Based Facility Quarantine (CBFQ) in Bago Region

- Citizens who returned from long -term or short- term training, meetings, excursions abroad and returnees working in overseas countries, should immediately report to the nearest health center for a medical check-up.
- If there are any suspected symptoms after the medical check-up, it should be monitored in designated hospitals by the Department of Health. If no symptoms are found, the citizen will be transferred to Quarantine for 14 days only, in a specified separated place (CBFQ).
- All citizens returned to Myanmar by airlines, as well as official border gates and other ways, will be placed in 14 days Quarantine and monitored. Issued by Ministry of Health and Sport, thus to follow till further notice.
- Those who entered after 26-3-2020 will be monitored separately in CBFQ. We appreciate your cooperation.
- Please strictly adhere to the advice issued by the Ministry of Health and Sports designed to contain and prevent the spread of COVID -19.
- To report immediately if a possible case is found in his / her area to the relevant health departments through the ward / village tract administrator.
- Do not create or spread misleading information and rumours so as to alarm the public.
- Follow the directions to contact the nearest health department and follow the health department's directions as issued by the Ministry of Health and Sports for COVID-19.

- Do not store, play the market and distribute goods. Do not sell protection, controlling and treatment medical supplies and consumer products at a higher price.

Instructions for Community Based Facility Quarantine (CBFQ) in Ayeyarwady Region

- All townships in the region are ordered to abide by the curfew (from 10PM to 4AM).
- All those coming from the 7 townships in Yangon that are identified as restricted areas and others states and regions that have COVID-19 confirmed cases, will be subject to a 21-day Community Based Facility Quarantine on their arrival.
- All types of vehicle are banned from travelling, apart from vehicles with travel recommendations and taxis till 30th April, 2020.
- Hotels, motels and inns located in the region are ordered to close temporarily till 30th April, 2020.
- All shops apart from the drug shops in the markets are ordered to close temporarily till 30th April, 2020 and all shops are ordered to act in accordance with the rules set by the Ministry of Health and Sports.
- All pagodas and temples in the region must temporarily be closed until 30.4.2020.
- You must obtain travel recommendations from the relevant ward/village administrators for travel within the region and to take the travel recommendations from the respective ward/village administrators with them.
- Industrial estate, workshops and departments in the region should undertake audits, to be carried out by the department's professional

partners during (20.4.2020) to (30.4.2020) and be reopened only under the requirements.

- The failure to comply with the above directive, will see action taken in accordance with the Communicable Disease Prevention Act. Please take notice and comply to assist in the prevention of spreading (COVID-19) disease. It is a national duty.