

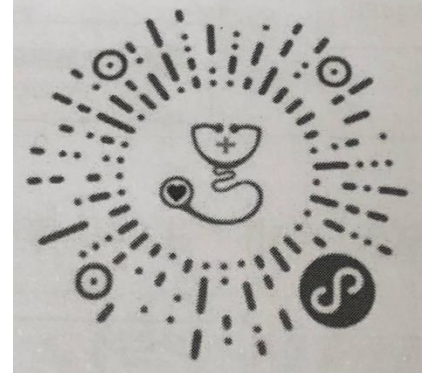
Quarantine on Arrival

Advice from friends who've don't it or assisted.

Hotels – What to Expect

- Centralized quarantine hotels in China's largest cities can be quite nice although rooms are oftentimes rather small. Those returning to China have reported the staff being very friendly and amenities being nicer than expected. You probably don't want to get your hopes up for a 5-star swanky hotel-vacay, but it is nice to know that authorities are taking good care of returning foreigners
- Hotel staff may not be fluent in English. The good news is that hotel reception will communicate with you via WeChat. WeChat is an essential app in this situation.
- Hotel rooms will NOT be serviced during your quarantine. As a result, you'll need to let reception know when you need something changed/replenished. In most cases, hotel staff will only replenish the absolute necessities like toilet paper.
- There may or may not be a fridge, so plan as though you won't have one
- The total cost of centralized quarantine (14 day) in China has varied between RMB 4,200 and RMB 7,000 per person
- You could be brought to a hotel without a translator which means you will need to be transported to another hotel if you are not fluent.
- Money - The hotel will only take Chinese cash, Chinese bank cards or WeChat/Alipay.
- Some hotels provide food for 100¥ per day, others do not. Some people had to order delivery through the app MeiTuan.
- Before you leave the check-in counter, ask hotel staff to type the hotel address into your food delivery app: MeiTuan is a good one. Ask for a hotel English speaker's WeChat contact. Some have created a WeChat group with the other foreigners in their hotel or those they are traveling with and then asked a Chinese English speaker to join the group to help with questions. The hotel staff would not join the group, they told them to ask questions in the main hotel guest group.

- We were told that when we got to our hotel room we were to scan this QR code to log into the SuiKang app to register and report our health daily*. You can use the little location button to get close to your location but make sure it is right by confirming it with the address on the paperwork that the hotel gives you. (See our examples below)



*Some hotels did not ask people to do this.

- Hotel staff gave us tablets for our toilet---not for consumption! Drop one in the toilet bowl after you flush your doo, wait ten minutes then flush again.
 - Some have a whole cleaning document that needs to be filled out.
- 'Baidu translate' is good for translation of documents & screen shots. Collect all the papers from the airport, hotel etc. Use the camera function to translate them then read them over. This will answer most of your questions.

Deeper Quarantine Issues

The most talked-about subject in COVID times, aside from COVID itself, has been about food - in centralized quarantine in China, the topic has been a hotly-contested one.

Food is provided by the Chinese Government to guests in quarantine hotels, although both the quality and quantity can dramatically vary depending on where you are. You will have to pay for the food regardless of its quality. Normally it'll be included in the quarantine cost and, other times, it'll be billed separately. You may also have the option to 'upgrade' your meals.

Luckily, many hotels have allowed daily deliveries for certain items (like canned foods and fresh produce) so you could (potentially) be able to order restaurant meals, delivered straight to your door (at your own cost, naturally).

Unfortunately, the situation is so fluid that you simply should not rely on that. First of all, you won't even know which hotel you'll be allocated, let alone if any delivery allowances will be made.

The Boredom in Chinese Quarantine

"Anti-social loners would probably cope better with quarantine. However, when it comes to extroverts who love nothing more than to surround themselves with eager students, friends etc. the lack of contact and entertainment will make for some stressful days."

Be prepared. Write that book, work on language, take an online class and fill up your Kindle to the bursting point. Make sure to have a VPN installed (find one that's [guaranteed to work in China](#)) on your device so you can WhatsApp to your heart's content and Netflix-binge. Worried that you (or the kids) will get screen-time overload? Plan a daily routine, exercise together, have "alone" time (even if you are all in the same room.) Establish a routine: shower daily, exercise (download exercise routines before leaving, bring exercise bands), get up and move every hour.

Bring card games to play, set aside specific family nights and schedule alone time.

The Routine in Chinese Quarantine

If you have yet to experience a full lockdown, you may be tempted to throw your watch in the trash on the first day and just do 'whatever, whenever'. Yet take it from those who've come before you, routine is key to keeping your mental (and physical) health in check.

Again, get up at the same time every morning and make sure you have a fulfilling breakfast. Eat healthy, exercise and make at least one voice or video call, every single day. More importantly, use the time to do something you've never had the time to do before. For instance, take an online course, write, learn a new skill or take a virtual tour of some amazing museum on the other side of the world...

If a family, plan for "alone or quiet time".

Be intentional in planning for your time in quarantine before you leave so you are prepared.

The Daily Health Checks

Once you check into your hotel, your temperature will be taken umpteen times. To keep track of your temperature during quarantine, one of two things will happen:

- You'll be given a thermometer and will be called, usually twice a day, to relay the info. This may be an old-style mercury thermometer*. If you need to, bring a digital one with you.
- Staff in protective gear will call at your door twice a day to take your temperature*.

*In China a temperature taken with a mercury thermometer is taken under the arm.

At the half-way point of your quarantine, you'll usually be given a COVID test and again just before being released.

Manage to survive 14 days with no COVID infection in centralized quarantine and you will be home free!

That said...some of you may then fly to your home city and have to quarantine at home again - the situation is fluid.

The Release from Quarantine in China

Once your release from quarantine has been approved, you will be given a **release from quarantine** letter and it's important that you **keep this document** with you at all times. Your employer will want to see it and, in some cases, even your apartment manager.

Once released, you are allowed to return to life as normal, always respecting local health guidelines (social distancing and wearing masks, where appropriate). Some schools may allow you to get back to work straight away whilst others may insist you stay away from the school for a further 7-14 days. Once again, the situation is not uniform throughout the country.

Lastly this situation may change so remember to read all the directives from your university, school or person/consulate who is helping you in China when acquiring your letter of invite.

Trusting for a safe and healthy return!