Social contact during the isolation
• Keep in touch with your family and friends by phone or by internet video call. Share your experience, thoughts, and feelings with their support.
• If it’s not possible, you can call anonymously the association «La main tendue» (the helping hand) at number 143, open 24/24h.
• For psychological support: www.santepsy.ch

Home confinement duration and lifting measures
• The duration is minimum 10 days from the first symptom and minimum 48 hours after the end of symptoms.
• At the end of the planned isolation period, the cantonal doctor office will call you to announce the lifting of measures. Then you can go back to your usual life.
• If you still have symptoms after 14 days, contact your doctor or the on-call doctor hotline 0848 133 133.
• If you had a loss of taste or smell, the recovery can take a longer time. If they are the only remaining symptoms, the measures can be lifted anyway.
• Keep following the hygiene behavior recommendations of OFSP «Here’s how we protect ourselves»: www.ofsp-coronavirus.ch

If you have questions about your health (7/7, 24h)
0848 133 133

If you have questions about your isolation (7/7, 9.00AM-5.30PM)
021 338 11 22

Office du Médecin Cantonal Vaud - Maladies transmissibles
Avenue des Casernes 2, 1014 Lausanne, Tel : 021 338 11 22

Isolation at home (CoVID-19 or SARS-CoV-2)
Instructions for a person with CoVID-19
You have a confirmed CoVID-19 infection and your general health status is good.

You have to be isolated at home to limit the spread of the virus and to protect your family/friends.

The persons who live at your home, your intimate relationship, and the ones who had an unprotected close contact (under 1,5 meter and at least 15 minutes) with you are subject to a 10 days quarantine and to follow specific instructions.

You are kindly requested to answer the calls of the cantonal doctor office and to respect the instructions below. Otherwise, the police could proceed to controls.

Monitor your health state

• If your symptoms get worse or if you notice signs such as: persistent fever, persistent asthenia, shortness of breath, high pressure or chest pain, confusion, bluish discoloration of lips or face, contact your doctor or the on-call doctor hotline 0848 133 133 and follow the instructions.

• If a medical consultation is necessary and scheduled, go to the appointment wearing a hygiene mask when you leave home.

Recommendations for parents

• If your child is isolated, one person among relatives has to be designated as in charge.

Take all necessary measures

• Wash or disinfect your hands when you take off your mask.
• If the mask is wet or soiled by secretions, it must be replaced immediately by a new one.
• When you wear it, do not touch it.
• Wash or disinfect your hands prior to manipulation.
• Wear a mask when you cough or sneeze.
• The mask is decisive. It covers your nose and your mouth.
• Wear a mask when you leave your room.
• When you return, wash your hands with water and soap for at least 20 seconds. If you don't have access to a sink, you can clean your hands with a sanitizer with at least 60% alcohol content.
• Wear a hygiene mask that covers the nose and the mouth.
• Do not put it when you sleep.
• Garlic or alcohol rubs do not provide any protection against the virus.
• A raw garlic or alcohol rubb/rubs with other substances do not provide any protection against the virus.
• A mask is essential to stop the spread of the virus.
• It is possible that you become contagious even if you don’t show any symptoms.
• Keep a minimum distance of 1.5 meter from other persons.
• Wash your hands regularly with water and soap or with a sanitizer if you’ve been in contact with people and pets.
• Launder your clothes separately with a detergent that is suitable for disinfecting.
• If you live alone
• Get your food and essential goods (medicines, hygiene masks) delivered by the family/friends/delivery services.
• Visitors are prohibited. Avoid any physical contact with people and pets.
• If you live with other persons
• Install yourself in a room alone, doors closed, and take your meal inside.
• Ventilate regularly your room.
• Visitors are prohibited. Avoid any physical contact with people and pets.
• Leave your room only if necessary and wear a mask.
• Keep a minimum distance of 1.5 meter from other persons.
• Use a private bathroom. If it is not possible, clean the shared sanitary facilities (shower, toilettes, sink) with a detergent product after each use.
• Do not share your dishes/glasses/cups with others. Use the dishwasher or wash them with a dishwashing liquid and water.
• Do your laundry regularly (clothes/bath/bed linen).
• When someone needs to enter your room, you both have to wear a mask.

Recommendation for parents

• If your child is isolated, one person among relatives has to be designated as in charge.

Hygiene measures

• Hand wash
• After cooking, before and after eating, after going to the toilets.
• Whenever your hands are visibly dirty (with water and soap preferably).
• After coming into contact with soil and dirt.

• When you cough and sneeze
• Cover your mouth and your nose with a flexible when you cough or sneeze.

• Correct use of hygiene mask
• You go to a medical appointment.
• You are in the presence of other persons, or when someone enters your room.
• You need to leave your room.
• You leave your room.

Wear a mask when...

• You need to leave your room.
• You are in the presence of other persons, or when someone enters your room.
• You go to a medical appointment.
• You need to leave your room.

Correct use of hygiene mask

• Wear a mask when you leave home.
• If a medical consultation is necessary and scheduled, go to the appointment wearing a hygiene mask.

• Respect the behaviors and rules of the institution.
• Respect the behaviors of the other patients, medical personnel, and visitors.
• If you are symptomatic, get more of your symptoms through a primary healthcare provider.
• If you are asymptomatic, get more of your symptoms through a primary healthcare provider.

Recommendation for parents

• If your child is isolated, one person among relatives has to be designated as in charge.

Hand wash

• After cooking, before and after eating, after going to the toilets.

• Wherever your hands are visibly dirty (with water and soap preferably).

• After coming into contact with soil and dirt.