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 you suffer from this situation, you can call anonymously the association « La main tendue » (the helping hand) at number 143, 24/24h.
• For psychological support: www.santepsy.ch

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, you will receive a SMS from the Cantonal Doctor’s Office to inform you:
  ▶ the lifting of measures if you don’t have symptoms anymore, then you can go back to your usual life.
  ▶ or to call back if you still have symptoms.
• 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.
• At the isolation lifting, 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
0848 133 133  (7/7, 24/24h)

If you have questions about your isolation
021 338 11 22  (7/7, 7:00 AM - 9:00 PM)

If you have questions about the lifting of measures
021 338 11 55  (7/7, 7:00 AM - 5:30 PM)

More information : www.vd.ch/coronavirus

Office du Médecin Cantonal Vaud - Maladies transmissibles
Avenue des Casernes 2, 1014 Lausanne, Tel : 021 338 11 22
You got tested and the result is positive: you have a confirmed COVID-19 infection.

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 and your intimate relationships are subject to a 10 days quarantine and to follow specific instructions (check leaflet Quarantine). Please inform the ones who had unprotected close contact with you to limit contact, to choose teleworking when possible, and go for a test if they develop symptoms.

You are kindly requested to answer the calls of the cantonal doctor office and to respect the instructions below. 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 and use a private car preferably.

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.

- Wear your hygiene mask at all times in the common areas and wash your hands with soap and water or use a hand sanitizer.

Recommendation for parents

If your child is isolated and is not autonomous (generally < 12 years-old), one person among relatives has to be in charge by respecting rigorously the hygiene measures and wearing a mask. This person has to be in quarantine at home and this measure will be lifted at the end of the child’s isolation period.

Hand wash

- Wash your hands with water and soap or with a hand sanitizer: rub the liquid in your hands on any surface until they dried.

- Before and after cooking, before and after eating, after going to the toilets.

- Whenever your hands are visibly dirty (with water and soap preferably).

- Before and after coming home and after going to the toilets.

- Hands on surfaces without drying.

- Wash your hands with water and soap for at least 20 seconds. If you don’t have a sink, use a hand sanitizer with at least 60% alcohol.

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Correct use of hygiene masks

- You go to a medical appointment.

- You are in the presence of other persons or when someone enters your room.

- You need to go to your room.

Wear a mask when

- The issue must be worn properly and be in a dedicated area in your room.

- Cover your mouth and nose with a mask when you cough or sneeze.

- When you cough and sneeze.

- Wash your hands with water and soap or with a hand sanitizer: rub the liquid in your hands on any surface until they dried.

- Whenever your hands are visibly dirty (with water and soap preferably).

- Before and after eating, before and after coming home and after going to the toilets.

- When you cough and sneeze.

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Waste management

- Keep your trash in a designated area in your room. Do not share your trash/food with others. Use the disinfector or wash waste that comes into contact with other surfaces. Wash your hands at least once a day with an ordinary disinfectant (handwash) before and after handling.

- The persons who live at your home and your intimate relationships are subject to a 10 days quarantine and to follow specific instructions (check leaflet Quarantine). Please inform the ones who had unprotected close contact with you to limit contact, to choose teleworking when possible, and go for a test if they develop symptoms.

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