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

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

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
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 meters 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, 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.

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 clean your room.

• Wear a mask when...

When you cough and sneeze

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

• Wash or disinfect your hands, prior to manipulation.

• Attach carefully the hygiene mask to cover your nose and mouth, mold the metal band around your nose, and tighten it under your chin.

• When you wear it, do not touch it.

• When the mask is wet or soiled by secretions, it must be replaced immediately.

Hand wash

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

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

• When coming before and after eating, after going to the toilet.

• If you need to clean your room, you can clean your hands with a sanitizer and the bag that contains it when you leave home.

• Wash your hands with water and soap for at least 20 seconds. If you don't have a soap, you can use an alcohol-based sanitizer that contains at least 60% alcohol.

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