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, 9:00 AM - 5:30 PM)

If you have questions about the lifting of measures
021 338 11 55 (7/7, 9:00 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

Isolation at home
(CoVID-19 or SARS-CoV-2)
Instructions for a person with a positive CoVID-19 test
You got tested and the results 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 chess pain, confusional state, 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.
- Leave your room only if necessary and wear a mask.
- Keep a minimum distance of 1,5 meter from other persons.

Correct use of hygiene mask

- You go to a professional person.
- You are in the presence of other persons, or when someone enters your room.
- You need to leave your room.

Wear a mask when

- The illness must be known any time: even in a dedicated team in your room.
- You cough or sneeze.

When you cough or sneeze

- Wash your hands with water and soap for at least 20 seconds. If you don't have a sink in your room, you can clean your hands with a 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 touching doorknobs and door handles, after 60 seconds.
- Keep the mask and your hands clean.
- Wash your hands with water and soap for at least 20 seconds. If you don't have a sink in your room, you can clean your hands with a sanitizer and rub them on your hands for at least 20 seconds. If you don't have a sink, you can use a hand sanitizer. Then, clean your hands with soap and water for at least 20 seconds.

Hand wash

Recommendation for parents

- When someone needs to enter your room, you both have to wear a mask.
- Do not let the dog (or any other animal) enter your room.
- Do not share your dishes/glasses/utensils with others. Use the dishwasher or wash them, dry them, and store everything in an airtight container, preferably. (save fridge, freezer & microwave for a few days)
- Laundry (towels, bed linen) is washed at a high temperature. It is not possible to clean the shared sanitary facilities. If an automatic washing machine is available, please use it. If not, use a detergent product after each use and once a day with an ordinary disinfectant (bleach).

Waste management:

- Separate wet and dry waste. Wear a mask when you remove waste from your room.
- Do not leave your waste/bags/garbage with others. Use the dishwasher or wash them, dry them, and store everything in an airtight container, preferably. (save fridge, freezer & microwave for a few days)
- Laundry (towels, bed linen) is washed at a high temperature. It is not possible to clean the shared sanitary facilities. If an automatic washing machine is available, please use it. If not, use a detergent product after each use and once a day with an ordinary disinfectant (bleach).

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 will be in quarantine at home as well. The measure will be maintained as long as the child is isolated and is not autonomous (generally > 7 years-old). One person.

Recommendation for patients

- Wash your hands with water and soap for at least 20 seconds. If you don't have a sink in your room, you can clean your hands with a 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 touching doorknobs and door handles, after 60 seconds.
- Attach carefully the hygiene mask to cover your nose and mouth, mold the metal part of the mask on your nose. Then adjust it to your chin. Avoid touching any manipulation after the removal.
- Wash your hands with water and soap or disinfection: prior to take a mask, at each use and when you cough or sneeze. Use a hygiene mask after each use.

Wear a mask when

- You are going to cook.
- You are going to eat.
- You are going to the toilet.

Correct use of hygiene mask

- You go to a professional person.
- You are in the presence of other persons, or when someone enters your room.
- You need to leave your room.

Hand wash

Recommendation for parents

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