



# 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 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.

### 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 iwth others. Use the dishwasher or wash them with a dishwashing liquid and water.
- Do your laundry regularly (clothes/bath/bed linen) in the washing machine.
- When someone needs to enter your room. You both have to wear a mask too.

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

## When you cough and sneeze

- Cover your mouth and your nose with a tissue when you cough or sneeze.
- The tissues must be thrown away after use in a dedicated trash bin in 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.

## Correct use of hygiene mask

- Hygiene masks are available for sale in drugstores and general stores. Ask your family/friends/a delivery service to drop them at your door.
- Wash or disinfect your hands, prior to manipulation.
- Attach carefully the hygiene mask to cover your nose and mouth, mold the metal edge on your nose, then adjust it to your chin.
- When you wear it, do not touch it.
- If the mask is wet or soiled by secretions, it must be replaced immediately by a new one.
- Wash or disinfect your hands when you take off your mask.

## Take all necessary measures

- Waste contaminated with body fluids (feces, blood, mucus) must be thrown away in a dedicated trash bin in your room before tossing them in the garbage with your other household waste.
- Clean and disinfect every day the contact surfaces such as doors' handles, bed table, electric switches, and other furniture in the room, with a household ordinary disinfectant.

## 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](http://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](http://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**

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