**Social contact during the quarantine**

- 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.santephy.ch](http://www.santephy.ch)

**Duration and lifting of quarantine**

- At the end of the 10 days quarantine, you will receive a SMS to inform you the lifting of measures if you did not develop any symptoms.
- You can get on your social and professional life.
- At the quarantine lifting, keep following the hygiene behavior recommendations of OFSP « Here’s how we protect ourselves »: [www.ofsp-coronavirus.ch](http://www.ofsp-coronavirus.ch)
- Continue to survey your health status in case of late symptoms.

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**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)

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More information: [www.vd.ch/coronavirus](http://www.vd.ch/coronavirus)

Office du Médecin Cantonal Vaud - Maladies transmissibles
Avenue des Casernes 2, 1014 Lausanne, Tel : 021 338 11 22
You live or you are in a relationship with a person tested positive to CoVID-19, or you have been identified by the contact tracing service. You have to be in quarantine at home for 10 days, this also applies if your test is negative.

This measure is necessary to limit the spread of the virus and protect your family/friends because you might indeed become contagious during this period.

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.

Social and professional eviction

• Stay at home for 10 days: the quarantine starts the day after the last contact with the person with CoVID-19 confirmed or at the symptoms development if you live in the same home.

• Visitors are prohibited. Avoid any physical contact with people (except the ones in quarantine with you), neither with pets. The vulnerable people* have to follow the instructions separately from the rest of the family whenever possible to limit their risk to be infected.

• Healthcare professionals who work in contact with patients and who have been exposed unprotected have to be in quarantine at home (10 days).

* Persons over 65 years, or with high blood pressure, diabetes, cardiovascular diseases, chronic respiratory diseases, low immune system because of treatment, disease, cancer and pregnant women.

If you live alone

• Get your food and essential goods, such as medicines and masks, delivered by the family/friends/delivery services.

If you live with someone infected

This infected person follow separately his/her instructions for isolation at home.

• Keep a minimum distance of 1,5 meter from the infected person when he/she needs to leave his/her bedroom.

• Wear a mask when you need to enter his/her bedroom.

• Wear a mask for any contact with other persons and keep a minimum distance.

If you live with other persons (in quarantine or not)

• Install yourself in a room above, doors closed, and take your meal inside.

• Wear a mask when you need to enter this room.

• Do not share your dishes/glasses/cutlery with 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.

• Use a private bathroom. If it is not possible, clean the shared sanitary facilities (shower, toilettes, sink), handles and switches if manual contact, with a detergent product after each use.

Recommendation for parents

If your child is in quarantine 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. The child needs the same time to recover than an adult. The prevention measures and hygiene instructions have to be in charge by respecting rigorously the hygiene preventive measures adopted by the school, with full contact with parents and those who have the child in quarantine with you. The vulnerable people have to follow the instructions separately from the child. If they live in the same home, they have to respect a minimum distance of 1,5 meter.

Hand wash

• 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 all surfaces until they dried.

• Hand wash

• Before and after cooking, before and after eating,

• Before and after manipulating a mask.

• Before and after going to toilets.

• Before and after touching any object (table, desk, wall).

• Before and after touching your face (except when you change your mask).

• Before and after touching your head.

• Before and after touching your body.

• Before and after touching your face (except when you change your mask).

• Before and after touching your body.

Monitor your health status

• Observe your health status every day. The signs such as fever, ill feeling, muscle aches, headache, etc.

• If you live alone:

• If you live with someone infected:

• If you live with other persons (in quarantine or not):

• If you live with other persons (in quarantine or not):