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.santepsy.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 developed 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
- Continue to survey your health status in case of late symptoms.

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 - 9.00 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

OMC | Office du Médecin Cantonal
HPCi | hygiène, prévention et contrôle de l'infection
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.

**Recommendation for parents**
- Do your laundry regularly (clothes/bath/pad linens) in the washing machine.
- Wear a mask for any contact with other persons and keep a minimum distance.
- Use a private bathroom. If it is not possible, clean the shared sanitary facilities (shower, toilet, sink), handles and switches if manual contact, with a detergent product after each use.
- 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.
- Wear a mask for any contact with other persons and keep a minimum distance.
- Do not share your dishes/glasses/cutlery with others. Use the dishwasher or wash them with a dishwashing liquid and water.
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**If you live alone**

- Get your food and essential goods, such as medicines and masks, delivered.

**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.

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

- Install yourself in a room alone, doors closed, and take your meal inside.
- Wear a mask when you need to enter this person's bedroom.
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- Keep a minimum distance of 1,5 meter from the infected person when he/she needs to leave his/her bedroom.

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**Social and professional eviction**

- 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. 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.
- Keep your child in your bedroom. 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.
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**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.
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**Monitor your health status**

- Observe your health status every day. The symptoms such as fever, ill feeling, muscle ache, cough, shortness of breath, sudden loss of taste, or smell among other things, can be the symptoms of an infection with COVID-19.
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**If symptoms appear during the 10 days**

- Answer to the online form on www.coronacheck.ch and if recommended, get tested for COVID-19. You can find a test center here: www.vd.ch/coronavirus-centres-de-test
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**If you are a vulnerable person**

- Specify that mention when you call.