



Quarantine contact (CoVID-19 or SARS-CoV-2)

Instructions for a person who had a close contact with a case of CoVID-19

You have been in contact with someone who contracted the CoVID-19, that is, you live under the same roof, you are in a relationship, or you had an unprotected close contact (under 1,5 meter and at least 15 minutes).

You have to be in quarantine at home for 10 days.

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 respect the instructions below. Otherwise, the police could proceed to controls.

Social and professional eviction

- Stay at home for 10 days since the last contact with CoVID-19 risk (time of symptoms development in most of the cases).
- Visitors are prohibited. Avoid any physical contact with people (aside from the ones in quarantine with you), neither with pets. The vulnerable people* have to follow the instructions separately whenever possible to limit their risk.
- **Healthcare professionals** who work in contact with patients and who have been exposed unprotected have to be in quarantine at home (10 days).

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

If you live alone

- Get your food and essential goods (medicines, 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 need to leave his/her bedroom.
- Wear a mask when you need to enter his/her bedroom.

If you live with persons who are not in quarantine

- Install yourself in a room alone, doors closed, and take your meal inside.
- 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 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.

Recommendation for parents

If your child is in quarantine, one person among relatives has to be designated as in charge.

Hand wash

- After cooking, before and after eating, after going to 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.

Monitor your health status

- Observe and write down your health status every day. The signs such as fever, malaise sensation, onset of cough, shortness of breath, sudden loss of taste, or smell can be the symptoms of an infection with CoVID-19.

If symptoms appear

- Call your doctor or the on-call doctor service at 0848 133 133 and follow the instructions.

If you are vulnerable: specify that you are a person with risk factors and you present symptoms.

More information about CoVID-19 on the OFSP website :

www.bag.admin.ch/nouveau-coronavirus

or Coronacheck : www.coronacheck.ch

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 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

Lifting of quarantine

- **At the end of the quarantine period, the cantonal doctor office will call you to announce the lifting of measures.**
- You can get on your social and professional life.
- Keep following the national 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 (7/7, 24h)

0848 133 133

If you have questions about your quarantine (7/7, 9.00AM-5.30PM)

021 338 11 22

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