Home Isolation - New Coronavirus (CoVID-19 or SARS-CoV-2)

Instructions for people with CoVID-19

Office du Médecin Cantonal Vaud
Maladies transmissibles
Avenue des Casernes 2,
1014 Lausanne
Tel: 021 316 42 43 (8.30 AM-6.00PM)
Or: 0848 133 133 (out of office hours)

More information about new coronavirus on the website of the Public Health Federal Office:
http://www.bag.admin.ch/nouveau-coronavirus
10. What to do if your relatives become sick?
• If someone under the same roof shows shortness of breath, cough or fever, contact your doctor or the cantonal doctor’s hotline and follow the instructions.

Recommendations for parents
If your child has to be isolated, one person from relatives must be chosen to take care of the child.

If the family has several children, it could be recommended to confine the whole family.

Specific advice will be given according to the child’s age and his/her ability to stay alone.

If your child has to be isolated, your permission to leave the house must be discussed with your doctor.

1. Monitor your health state
• If you have any symptoms, contact your doctor or the cantonal doctor’s hotline (0848 477 477) and follow their instructions.
• If a medical consultation is necessary and scheduled, wear your hygiene mask when you leave home.

2. If you have
• Face masks are available.

3. Take all necessary measures
• Wash your hands with soap and water for at least 20 seconds, or use a sanitizer that contains at least 60% alcohol.
• Avoid close contact with people.

4. If you live with others
• Share your household activities and responsibilities.

5. Cover your coughs and sneezes
• Use a tissue, a scarf, or the inside of your elbow when coughing or sneezing.
• Wash your hands with soap and water after using.

6. Wear a mask
• Wear a mask when you’re around others. When someone enters in your room, wear a mask.
• Ensure your mouth and nose is covered when you cough or sneeze.

7. Correct use of hygiene mask
• Wear it properly around your nose and mouth.
• Avoid touching it with your hands.

8. Take all necessary measures
• Wash your hands with soap and water for at least 20 seconds, or use a sanitizer that contains at least 60% alcohol.
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9. Home confinement period
• The duration is from the first appearance of symptoms and for at least 10 days.
• If you have symptoms after 10 days, contact your doctor or the cantonal doctor’s hotline.

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