

WHAT TO DO IF YOU ARE IN ISOLATION FOR SUSPECTED OR CONFIRMED COVID-19

Do not leave the property / house and do not receive visits

Always remain reachable to answer ASL phone calls

Stay in a room that has a window

- open the window often
- sleep alone
- have meals in your room
- do not let people in to take care of you
- do not go to other rooms in the house unless it is really necessary

If you really have to leave the room:

- wear the surgical mask
- keep a distance of at least 1.8 m from other people (even if they are subjected to isolation like you) and avoid any direct contact (including handshakes, kisses and hugs)



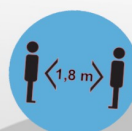
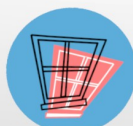
Do not let other people into the room unless it is essential.

Clean and disinfect everything:

- Always clean the surfaces of the bathroom and other rooms you use, especially those that are frequently touched, with common cleaning products, and then disinfect them with chlorine-based products concentrated at 0.5% (bleach), or with alcohol concentrated at 70%.
- wash your clothes and laundry in the washing machine at 60 ° for at least thirty minutes, or for shorter times at higher temperatures, using a common detergent. Do not mix your dirty laundry with that of other people, and put it in a closed bag until you are ready to wash it
- wash the dishes (plates, glasses, cutlery etc.) with normal dish detergent, while wearing gloves
- put the waste in a double plastic bag, close it and put it in a dustbin, closed by a lid

Check how you feel:

- Measure and write down your body temperature twice a day, and also write down which part of your body you measured it on
- Call your family doctor and public health worker if you notice new ailments, fever or worsening of troubles you had before, and follow the directions you receive. If you have difficulty breathing, call the emergency number 118 (or 112) and wait for help remaining in your room.
- Rest, drink lots of fluids and eat nutritious food



WHAT TO DO IF YOU ASSIST A PERSON IN ISOLATION FOR SUSPECTED OR CONFIRMED COVID-19

Do not enter the room where the person is in solitary confinement, if it is not necessary.

Deliveries - Collections

- When you need to deliver (eg food, clothes) or collect something (eg leftover food, dirty clothes, waste), do not enter the room, but leave and collect what is necessary outside the door.
- Wear disposable gloves and a surgical mask
- Put what you collect into another bag and close it

Anyone assisting a person with suspected or confirmed Covid-19 must be in good health.

If you need to enter the room, because the person in isolation needs help:

- Wear the FFP2 mask
- Have the person in isolation wear the surgical mask
- Open the room window if possible
- Avoid direct contact with the person in isolation, keeping a distance of at least 1.8 m if possible

If, on the other hand, you need to get close and have contact with the person (saliva, phlegm and / or respiratory secretions, feces or urine) or you need to clean the room or bathroom:

- Use disposable gloves and disposable surgical gowns, in addition to the FFP2 mask
- Throw them in a double waterproof bag and in a closed bin with pedal opening
- Wash your hands thoroughly

