

CORONAVIRUS COVID-19 SELF-ISOLATION



This document is for individuals who are suffering from fever and cough and an infection with the new coronavirus (SARS-CoV-2) is suspected.

WHAT YOU SHOULD DO IF YOU ARE SUFFERING FROM FEVER AND COUGH AND STAY AT HOME.

You are showing the symptoms of a severe respiratory infection with fever and cough, which may have been caused by the new coronavirus (SARS-CoV-2). In order to avoid transmitting the virus, you have to isolate yourself at home, for as long as your general state of health allows it. These recommendations will explain to you which precautions you and your environment have to take.

You are going to find all the necessary information about the new coronavirus on the government website:

www.covid19.lu



Monitor your state of health

- Contact a general practitioner by phone (teleconsultation) if your respiratory symptoms get worse (e.g. difficulties breathing) and follow the instructions.
- You are a particularly vulnerable person*: Immediately contact your doctor - by phone. Report that you are a person with risk factors and that you have symptoms of a severe respiratory infection.



If you live alone

- Get food and other essential products, e.g. medication, delivered at your doorstep by family, friends or a delivery service.



* Definition of particularly vulnerable people over 65 years, as well as individuals with diabetes, a cardiovascular condition, a chronic illness of the respiratory tract, an immune system weakened by a condition or treatment, or cancer.

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If you live together with other people



- Stay alone in your room, with the doors closed, and take your meals there. Air your room regularly.
- Avoid all visits and contact and do not leave your room unless necessary.
- Keep a distance of at least 2 meters to other people.
- Use a bathroom by yourself. If this is not possible, clean the shared sanitary installations (shower, toilets, sinks) after each usage with a standard household disinfectant.
- Do not share dishes, glasses, cups, kitchen utensils, napkins or bedding with other people. After having used any of these items, wash them carefully in the dishwasher, or with water and soap.
- All of the clothes, bed linen and towels have to be washed regularly in a washing machine.

Washing your hands



- You and your environment have to wash their hands regularly using water and soap for at least 20 seconds. You should repeat this after having prepared a meal, before and after eating, after having used the bathroom and at any time if your hands appear to be dirty.
- If water and soap are unavailable, clean your hands with a hand disinfectant. Cover all of the surfaces of your hands while rubbing them against each other until they are dry.



Cover your mouth if you cough or sneeze

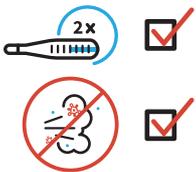
- Cough or sneeze into the crease of the elbow or in a tissue.
- The material you use to cover your mouth has to be discarded or washed.
- Discard used tissues into a dedicated bin in the room where you are.

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Take all the necessary precautions

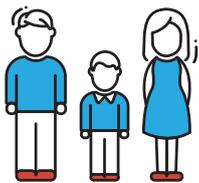


- Waste that has been contaminated with bodily fluids (feces, blood, mucus) has to be discarded into a dedicated bin in the room where you are, before evacuating it together with other household waste.
- Clean and disinfect surfaces which have been touched, i.e. bedside tables, bed frames and other bedroom furniture daily with an ordinary household disinfectant.
- Clean and disinfect surfaces in bathrooms and lavatories after each usage with a standard household disinfectant.



Ceasing isolation at home

- 24 hours after symptoms cease to exhibit themselves.
- Continue to follow hygiene rules.



How should I behave towards people living under the same roof with me and intimate relations?

- Inform people who you are living with and those with whom you have had intimate relations in the 48 hours preceding the start of your symptoms, so that they can monitor their own state of health and will be able to isolate themselves as soon as they show symptoms.

FOR INFORMATION:

 covid19.lu
 8002 - 8080

