COVID-19 - Auto-isolation

This document is for individuals who are suffering from fever and cough, in the context of the new coronavirus (SARS-CoV-2) infection epidemic.

If you are suffering from fever and cough, you should stay at home (auto-isolation).

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.gouvernement.lu/coronavirus

Monitor your state of health

• Phone a general practitioner if your state of health is such that it is necessary:
  - If you are a particularly vulnerable* person: immediately. Report that you are a person with risk factors and that you have symptoms of a severe respiratory infection.
  - If you are not considered to be a particularly vulnerable person and your respiratory condition worsens (i.e. Trouble breathing).

• If a medical consultation is necessary and you have to leave your home, the health professional will guide you through the rules of how to behave.

* Definition of particularly vulnerable people

Individuals 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.

If you live alone

• Get foodstuffs and other essential products, e.g. medication, delivered at your doorstep by family, friends or a delivery service.
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 metres to other people.

• Wash your hands regularly.

• 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. 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. Water and soap should be used if the hands are visibly dirty.

• 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.

Cover your mouth if you cough or sneeze

• Cover your mouth and nose with a disposable tissue when you sneeze or cough.

• The material you use to cover your mouth have to be discarded or washed.

• Discard ued tissues into a dedicated bin in the room where you are.

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 auto-isolation**

• 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.