COVID-19 – auto-quarantine

This document is for individuals who are living under the same roof as or have intimate relations with a person who has been tested positive for the new coronavirus (SARS-CoV-2)

What you have to do if you are in auto-quarantine

You have been in close contact with a person infected by SARS-CoV-2, i.e. you are living under the same roof or have had intimate relations with a person whose infection was confirmed by a laboratory. You have to quarantine yourself for 7 days, in order to limit transmission of the virus to people living under the same roof and the community as a whole. Indeed, you may well become contagious yourself during this period.

You can find all the necessary information about the new coronavirus on the government website: www.gouvernement.lu/coronavirus

Social and professional exclusion (auto-quarantine)

• Stay at home during seven days counting from the day of the confirmed diagnosis (in the majority of cases, symptoms will have appeared within that period).

• Avoid contact with other people.

If you live alone

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

If you are living together with other people under the same roof

• Stay alone in one room, with doors closed, and take your meals in that room. Avoid all visits and contact and do not leave your room unless necessary.

• Wash your hands regularly.

• Do not share personal household items, such as dishes, glasses, cups, kitchen utensils, napkins or bedding with other people.
After having used any of these items, wash them carefully with water and soap, or in the dishwasher/washing machine.

• All of the clothes, bed linen and towels have to be washed regularly in a washing machine.

Since and after auto-quarantine

• Continue to monitor your state of health during 7 more days: take your temperature twice a day; take note of coughing or difficulties breathing.

• Continue to follow hygiene rules.

If you start showing symptoms

• Isolate yourself and follow recommendations for isolation in confirmed cases. You can find all the necessary information about the new coronavirus on the government website: www.gouvernement.lu/coronavirus

• 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.

Washing your hands

• Use 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.

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.