

# CORONAVIRUS COVID-19 SELF-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 SELF-QUARANTINE

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.covid19.lu](http://www.covid19.lu)

### Social and professional exclusion (self-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.
- For an additional seven days, continue to measure your temperature twice a day and make sure there are no breathing problems or coughing. During self-monitoring, normal activities can be continued.



### If you live alone

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

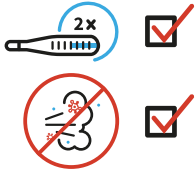
### If you are living together with other people under the same roof



- 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.

# CORONAVIRUS COVID-19

## SELF-QUARANTINE



### Since and after self-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 at home. 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.



### 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.



\* *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.*

### FOR INFORMATION:

 [covid19.lu](https://covid19.lu)  
 8002 - 8080



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG