

CORONAVIRUS COVID-19 ISOLATION AT HOME



This document is for individuals with a confirmed infection with the new coronavirus (SARS-CoV-2).

WHAT DO YOU AND PEOPLE CLOSE TO YOU (LIVING UNDER THE SAME ROOF, INTIMATE RELATIONS) HAVE TO DO IF YOU ARE ISOLATED AT HOME?

You have a confirmed infection but you do not have to be hospitalised because your general condition is good. Nevertheless, you have to be isolated at home. People who are living under the same roof as you and intimate relations should self-quarantine for a period of 7 days. These recommendations will explain to you which precautions you and your environment have to take in order to limit transmission of the virus.

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.



If you live alone

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

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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.
- Avoid all contact with domestic animals.
- 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.
- All individuals who come into your room and come closer than 2 metres have to wear a hygienic mask.
- Get foodstuffs and other essential products, e.g. medication, delivered at your doorstep by family, friends or a delivery service (during the 7 days period during which the people living together with you under the same roof are in self-quarantine).



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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Wear a surgical mask

- Each time you leave your room.
- Each time you find yourself in the presence of other people, especially if someone enters the room you are in.

Correct use of a surgical mask.

- Carefully put on the surgical mask so as to cover the nose and mouth and pull it tight, so as to best adjust it to your face.
- If you have to wear a surgical mask, avoid touching it. Each time you touch a used surgical mask, for example when pulling it off, wash your hands with water and soap, or with a disinfectant solution.
- If the mask starts getting humid replace it with a new, clean and dry surgical mask. One mask can last up to 8 hours.
- Never reuse surgical masks.
- Discard single-use surgical masks after each use and immediately after having pulled them off.
- The Health Directorate will have masks delivered to you as soon as possible.



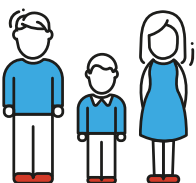
Take all the necessary precautions

- 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.



Advice to parents

- If you are isolated as parent(s), your child(ren) should be taken care of outside of your place of residence, e.g. by relatives.
- If your child is isolated, a person close to him/her should ideally be designated to take care of him/her. In practice, and especially if more children live in the household, the recommendation can be that the whole family be kept in isolation. Personalised advice about necessary measures will be given, according to the age of the child(ren), especially the possibility of them remaining in their room(s) and wearing a mask.



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Ceasing isolation at home

- 48 hours after symptoms cease to exhibit, if at least 14 days have passed after the symptoms' appearance.

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

During 7 days after the confirmed diagnosis, people close to you (living under the same roof, intimate relations) have to:

- Stay at home (self-quarantine); this is the period during which most of the people will show the first symptoms. You will find an information sheet about self-quarantine on the government's website: www.covid19.lu
- Avoid contact with other people.
- Monitor their state of health and isolate themselves as soon as they show symptoms. Follow the same recommendations as those described on this information sheet.
- For an additional 7 days, measure their temperature twice a day and make sure there are no breathing problems or coughing. During self-monitoring, normal activities can be continued.
- People in close contact who are especially vulnerable* are given the advice to immediately call a doctor if these symptoms manifest. Report that you are a person with risk factors and that you have symptoms of a severe respiratory infection.



At the end of isolation and self-quarantine

- Continue to follow hygiene rules.



** 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
 8002 - 8080

