

INSTRUCTIONS FOR A PERSON WITH CONFIRMED SARS-COV-2 INFECTION IN ISOLATION IN HOME ENVIRONMENT

Since you have a confirmed SARS-CoV-2 infection, you were prescribed with isolation. **Isolation** is a measure prescribed by a selected personal physician to a **person infected with SARS-CoV-2** and means that the person must **not leave their home, that they must limit their contacts with other people and strictly follow the recommendations to prevent the spread of the disease.** Isolation is an extremely important measure, which needs to be followed consistently. The duration of the isolation is determined by your personal or treating physician. Control swabs or control tests are not required.

In most patients with COVID-19, the disease progresses mildly and without complications.

In case of worsening of the disease (for example, worsening of cough with purulent sputum or shortness of breath), consult your personal physician **by telephone**. In case he/she is not available, call the nearest emergency department or emergency medical service on 112, where you will receive further instructions. Inform them that you have a confirmed SARS-CoV-2 infection.

Please inform **all persons with whom you have been in contact** in the period of 2 days before the onset of symptoms and in the period after the onset of symptoms and signs of disease (if you are asymptomatic, within 2 days before taking the swab, which confirmed SARS-CoV-2 infection, and until the start of the isolation). Provide these people with the "Instructions for persons exposed to infection with the new coronavirus" that you have received from the epidemiological service, or direct them to the following web page: <https://www.nijz.si/sl/koronavirus-epidemiologi#navodila-za-osebe%2C-ki-so-bile-izpostavljene-okuzbi-z-novim-koronavirusom>. This will make an important contribution to limiting the spread of COVID-19.

IMPORTANT:

- During isolation period, stay at home and avoid contacts with other people.
- If possible, spend most of your time in a different room than the other members of your household. Limit contacts with your family members and maintain a distance of at least 2 metres between you and other members in your household. Eat meals separately from other family members, use your own cutlery, hygiene items and wash your laundry separately. Do not prepare food for other family members.
- Wash your hands regularly and sanitize them when needed. Consider proper cough hygiene, regularly ventilate the rooms you are staying in, and clean surfaces that you frequently touch (door handles, kitchen counters, bedside tables, telephones, keyboards, toilets, etc.).
- Follow more detailed instructions explained below.

The following is a more detailed explanation of the above basic isolation instructions.

MONITOR YOUR HEALTH STATUS

- **In case of worsening of the disease** (for example, worsening of cough with purulent sputum or shortness of breath), consult your personal physician **by telephone**. In case he/she is not available, call the nearest emergency department or emergency medical service on 112, where you will receive further instructions. Inform them that you have a confirmed SARS-CoV-2 infection.
- If the doctor estimates that a visit to a medical institution is necessary, the medical staff will give you instructions, such as how to travel, how to install a mask, when to report to the medical institution, which entrance to use, etc.
- In case you must travel to a medical facility on your own, do not use a public transport, car sharing or taxis.

STAY AT HOME

- Do not leave home (do not leave your home, do not go to work, shops or other institutions, do not use public transport or taxis).
- Avoid contacts with others and do not have visitors at your home.
- During the recovery period, rest, do not perform heavy physical activities, distract yourself with pleasant ones.

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOUSEHOLD

- If you share the household with several people, reduce contacts with them or maintain interpersonal distance of at least 2 metres. In case where closer contact is required (less than 2 metres), install a mask.
- Do not stay in the same rooms as others. If possible, retreat to a place where only you will be. If possible, sleep in a separate room.
- Use a separate bathroom. If you do not have this option, use the bathroom when other people are not using it. Use it last for showering/bathing.
- When using the kitchen, avoid contact with other members of the household and do not stay there at the same time as them. Enjoy meals separately from other members. Wash your hands thoroughly before preparing food. Do not prepare food for other family members of the household. It is important to clean the surfaces you have touched and the dishes and utensils you have used after you are finished using them.
- Regularly ventilate the rooms you stay in. Ventilate the room for five to ten minutes several times a day.

PROVISION OF BASIC NECESSITIES

- Ask your relatives, neighbours or friends to provide you with basic groceries, hygiene supplies and medicines and deliver them to your home. In time of delivery, they should not enter your home, but leave the supplies at the front door and inform you about it on the intercom or telephone.
- You can contact the local community (for example Red Cross branch, volunteers, etc.) to provide you with necessities.
- We recommend using alternative shopping methods such as online shopping and secure delivery, with the delivery person not entering your home and delivering the package to you at your front door. We recommend that you follow the recommendations at the following link:

<https://www.nijz.si/sl/priporocila-glede-spletne-prodaje-dostave-v-casu-sirjena-okuzbe-covid-19>.

COUGH HYGIENE

- Consider proper cough hygiene (before coughing/sneezing, cover your mouth and nose with a paper towel or cough/sneeze into the top of your sleeve).
- Discard the tissue after each use in a special plastic bag intended only for your personal waste, and then wash your hands with soap and water.

HAND HYGIENE

- Wash your hands frequently with water and soap. In case water and soap are unavailable, use a dedicated hand sanitizer to disinfect your hands.
- Do not touch your face with unclean/unwashed hands.

DO NOT SHARE YOUR PERSONAL AND HYGIENE PRODUCTS WITH OTHERS

- Use your own cutlery, hygiene products, laundry and towels and do not share them with others.
- After each use, clean your personal and hygiene products and store them separate from others.

CLEANING AND WASTE HANDLING

- Use water and usual cleaning products to clean surfaces.
- Regularly clean surfaces you frequently touch (such as door handles, tables, kitchen counters, bedside tables, toilets, faucets, telephones, keyboards, etc.).
- Personal waste (e.g. used wipes) and waste from cleaning the premises (e.g. disposable cloths) should be placed in a plastic waste bag and tightly bound when it is full. Do not press the contents of the bag and do not touch the waste after disposing it in the bag. Then place this bag in another plastic garbage bag and tie it tightly as well. The bag must be placed separately from other waste (e.g. in the hall, on the balcony, on the terrace). It must be stored in a safe place, protected from children and animals. Store this bag separately for at least 72 hours before disposing it in an external container for mixed municipal waste (residual waste).
- Dispose of other household waste as usual.
- Wash your hands thoroughly with soap and water after each waste handling and/or cleaning.
- Wash your bedding and other laundry separately from other laundry with normal washing powder at 90°C or at lower temperatures with the addition of laundry disinfectant (e.g. sodium hypochlorite bleach or other textile cleaner with similar effect). Dry the laundry in the drying machine or iron it.

CARE FOR MENTAL HEALTH

- Despite isolation, stay connected to other people, especially if you live alone. Rely on friends, family, or others. Try to stay in touch with them by phone, mail or online. Let them know you want to stay connected and let this become your daily routine. This is important for your mental well-being. It may benefit you to share with them how you feel, and it may benefit them as well.
- Disease, social isolation, unpredictability, and changes in routine can all contribute to increased stress. Many people (even those who usually do not have mental health problems) may be concerned in such situations. Understandably, implementing such measures can be

tedious or frustrating. You may feel unwell, have trouble sleeping, miss company. You can help yourself in a simple way:

- Find online ideas for exercises that you can do at home that are right for your health status.
- Do things you enjoy such as reading, cooking, listening to the radio, watching TV, online learning.
- Try to eat healthy and balanced, drink enough water, avoid smoking, alcohol and drugs.
- Constant checking for news may make you even more concerned. So, try to limit the time you spend monitoring media coverage of the epidemic. Check the news only at certain times or several times a day.
- Try to focus on things you can control, e.g. your behaviour, who you talk to, from whom you get information.

HANDLING OF PETS

- Have other members of the household take care of your pets. If this is not possible, wash your hands before and after interacting with the animal.
- Ask your relatives, neighbours, or friends to walk your dog. They should wash their hands before and after interacting with the animal.

WHEN DOES THE ISOLATION END?

- The duration of the isolation is determined by your personal or treating physician.
- Even after the cessation of isolation, continue to follow general measures for preventing the spread of SARS-CoV-2 infection.
- More instructions regarding COVID-19 are available on National Institute of Public Health website at: <https://www.nijz.si/sl/koronavirus-za-splosno-javnost>.

USEFUL LINKS

- <https://www.nijz.si/sl/koronavirus-pogosta-vprasanja-in-odgovori>
- <https://www.nijz.si/sl/strokovnjaki-s-podrocja-dusevnega-zdravja-v-casu-epidemije-koronavirusa-na-voljo-za-brezplacne>
- <https://www.nijz.si/sl/splosna-uporaba-zascitnih-mask>
- <https://www.nijz.si/sl/priporocila-za-ciscenje-in-ravnanje-z-odpadki-v-domaci-oskrbi-pri-ljudeh-s-covid-19-ali-sumom-na>
- <https://www.nijz.si/sl/navodila-potrosnikom-za-ravnanje-z-embalazo-zivil-in-drugih-izdelkov-glede-okuzbe-z-novim>
- <https://www.nijz.si/sl/priporocila-glede-spletne-prodaje-dostave-v-casu-sirjena-okuzbe-covid-19>
- <https://www.nijz.si/sl/koronavirusi-pri-hisnih-ljubljenskih-psih-in-mackah>