

COVID-19: Quarantine instructions

What you should do if you had close contact with a person who has tested positive for the new coronavirus (SARS-CoV-2) or after entering Liechtenstein from a country or territory with a heightened risk of infection

Status: 04 August 2020 (based on documentation of the Swiss Federal Office of Public Health - “FOPH”)

You had close contact with a person who has fallen ill with the new coronavirus, whose illness has been confirmed in a laboratory. Close contact means that you were near (distance of less than 1.5 metres) an infected person for more than 15 minutes without protection (face mask or physical barrier such as a Plexiglas screen). If this person was infectious during the contact¹, you will need to go into quarantine for 10 days at home. The Office of Public Health will contact you and give you further information and instructions.

You have travelled to Liechtenstein and previously visited a country or territory with a heightened risk of infection within the last 14 days. You are obliged to go directly to your home or other suitable accommodation immediately after entering Liechtenstein. You must permanently self-isolate there for a period of 10 days after you enter Liechtenstein (quarantine) and must use the form [Returning from Risk Countries](#) (Rückreise aus Risikoländern) to report to the Office of Public Health within two days. You must comply with the instructions issued by this public authority. The costs of the quarantine are to be borne by the person entering the country. In this situation you cannot claim compensation for loss of earnings.

By going into quarantine, you prevent the transmission of the virus to people in your household and within the population. You could become contagious yourself during this time. By going into quarantine, you will make an important contribution to protecting particularly vulnerable people and slowing the spread of the virus.

The following instructions tell you what precautions you need to take while in quarantine to prevent transmission of the virus. You will find all important information about the new coronavirus on the website of the Swiss Federal Office of Public Health (FOPH): <http://www.bag.admin.ch/neues-coronavirus> and on the website of the Liechtenstein Office of Public Health <http://bit.ly/corona-fl>.

Social and work isolation

- Stay at home or in a suitable accommodation for 10 days (from the date of the last contact with the contagious person).
- Avoid all contact with other persons. Excluded from this are persons who are also under quarantine and live in the same household as you.
- In the event of serious technical problems in your household (e.g. burst pipes, central heating failure, etc.), please contact your local municipality or, during off-peak hours, phone 118.
- Continue adhering to the hygiene rules and recommended conduct of the campaign “So schützen wir uns”: www.bag-coronavirus.ch.
- A negative PCR test result does not shorten the duration of the quarantine.

¹ A person is infectious if he or she has symptoms, as well as 48 hours before these symptoms appear.



Monitor your state of health

- Observe your state of health: Feeling poorly, fatigue, fever, feeling feverish, coughing, sore throat, shortness of breath or sudden loss of sense of smell and/or taste can be signs of infection with the new coronavirus, amongst other symptoms.

If symptoms appear

- You should self-isolate and adhere to the rules that are applicable to self-isolation. You will find all necessary information on the website of the Office of Public Health <http://bit.ly/corona-fl>.
- Arrange to get yourself tested. Phone the medical hotline (+423 235 45 32). Say that you have been in quarantine in accordance with the instructions of the Office of Public Health and that you have symptoms. If you are a high-risk individual, please tell the doctor this over the phone.

If you need to leave your house (in order to consult a doctor):

- **Wear a face mask.** If a mask is not available, keep at least 1.5 metres away from other people.
- **Avoid using public transport.** If your state of health permits, use your car or bicycle, walk or call a taxi.

If you live alone

- Arrange to have family members, friends or a delivery service deliver food and other essential products such as medicines directly to your door.

If you (and other persons) live in the same household as the person who has fallen ill

- The person who has fallen ill must establish himself or herself in a separate room, must keep the doors closed and take meals in their room (see Self-isolation instructions).
- Maintain a distance of 1.5 metres from the person who has fallen ill, when this person needs to leave his or her room.
- Avoid all visits and contacts.
- Wash your hands regularly.
- Do not share your household items such as dishes, glasses, cups or kitchen utensils with other people. Clean these items after use in the dishwasher or carefully with washing up liquid and water.
- Do not share towels or bed linen. Wash your clothes, bed linen and bath towels regularly in a washing machine.
- High-risk persons² should, if possible, stay away from other persons throughout the self-isolation period.

If you live together with other persons in the same household, but not with the person who has fallen ill

- Establish yourself alone in a room, keep the doors closed and take meals in your room.
- Avoid any visits and contacts and only leave the room if necessary.
- Maintain a distance of 1.5 metres from the other persons in the household when you need to leave your room.
- Wash your hands regularly.
- Use your own bathroom. If this is not possible, clean the shared sanitary facilities (shower, toilet, washbasin) after each use with a commercial detergent.
- Do not share your household items such as dishes, glasses, cups or kitchen utensils with other people. Clean these items after use in the dishwasher or carefully with washing up liquid and water.
- Make sure that your towels are not used by other people.
- Wash your clothes, bed linen and bath towels regularly in a washing machine.

² Persons aged over 65 as well as adults with high blood pressure, diabetes, cardiovascular ailments, chronic respiratory diseases, cancer or illnesses and therapies that weaken the immune system, grade III obesity (morbid, BMI ≥ 40 kg/m²)
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Washing your hands³

- You and those around you should wash your hands regularly with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitiser by rubbing the liquid into your hands until they are dry. Soap and water must in particular be used when your hands are visibly dirty.
- Wash your hands especially before and after preparing meals, before and after eating, after using the toilet and whenever your hands are visibly dirty.

Correct use of face masks⁴

- Wash your hands with water and soap or with a sanitiser before putting on the mask.
- Put the face mask on carefully, covering your nose and mouth. Press the underwire into shape, pull the mask apart and put it on tightly so that it fits snugly over your face.
- Do not touch the mask once you have put it on. Wash your hands with soap and water or with a sanitiser after each contact with a used face mask, e.g. when taking it off.
- A face mask can be worn for a maximum of 4 hours.
- Disposable face masks may not be reused.
- Throw the disposable face masks away immediately after taking them off.

Social contacts during quarantine

- Even if you now need to isolate, this doesn't mean you need to break off all social contacts: Stay in contact with friends and family over the phone, Skype etc.
- If this is not possible or if this is not enough: In case of concerns, fears or problems, phone the Crisis Intervention Team +423 230 05 06 or the "Dargebotene Hand" 143.
- Further information is available online under <http://www.dureschnufe.ch>.

End of the quarantine

- If you have no symptoms after 10 days, you can go back out into the public following consultation with Office of Public Health.
- Continue adhering to the hygiene rules and recommended conduct of the campaign «[So schützen wir uns](http://www.bag-coronavirus.ch)»: www.bag-coronavirus.ch.
- Continue to monitor your state of health. It is possible that the first symptoms may appear only later.

Continued salary payment in the event of an officially imposed quarantine

If the employment relationship has lasted for more than three months or has been entered into for more than three months, you are entitled to continued payment of wages for a limited period. If you are able to do your work in your home office, the employer may oblige you to do so.

³ Video correct hand washing: <https://youtu.be/gw2Ztu0H0YY>

⁴ Video "How to use a face mask correctly": <https://www.youtube.com/watch?v=GNkQKutS8cg&feature=youtu.be>