



## COVID-19: Self-isolation instructions

### What you should do if you are suffering from an acute ailment that may be caused by the coronavirus

**Status: 4. October 2021 (based on documentation of the Swiss Federal Office of Public Health - "FOPH")**

**You have symptoms of an acute respiratory infection<sup>1</sup> and/or a sudden loss of the sense of smell or taste that might be caused by the new coronavirus (SARS-CoV-2). You must immediately self-isolate at home, so that you do not infect other people, and you should get yourself tested.**

The duration of the isolation depends on the test result (see "Ending self-isolation at home"). If the test result is positive, the Office of Public Health will contact you and provide further information and instructions. Please fill out immediately and completely the online registration form <https://bit.ly/3u7Bccl> with your details and the required information concerning your close contact persons. Herewith you will help to prevent other people becoming infected. The responsible contact tracer is available to answer any questions or to provide support.

These instructions tell you what precautions you need to take to prevent transmission of the virus.

You will find all necessary information about the new coronavirus on the website of the Swiss Federal Office of Public Health ("FOPH"): [www.bag.admin.ch/neues-coronavirus](http://www.bag.admin.ch/neues-coronavirus) and on the website of the Liechtenstein Office of Public Health (Amt für Gesundheit) <http://bit.ly/corona-fl>. In addition, an explanatory video about self-isolation is available under [www.bag-coronavirus.ch](http://www.bag-coronavirus.ch).

#### Monitor your state of health

- Call your physician or health care professional if you are concerned about your condition or if any of the following warning symptoms appear:
  - fever that persists over several days
  - sense of fatigue that persists over several days
  - shortage of breath
  - strong sensation of pressure or pain in the chest
  - unaccustomed feeling of confusion
  - blue lips or face

**If you need to leave your house** (in order to get yourself tested or to visit a doctor):

- **Wear a face mask.**
- **Avoid 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.

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<sup>1</sup> for example coughing, sore throat, shortness of breath with or without fever, feverish sensation, aching muscles

### **If you live together with other persons in the same household**

- Establish yourself alone in a room, keep the doors closed and take meals in your room. Ventilate your room regularly (do not create a draught).
- Avoid any visits and contacts and only leave the room if necessary.
- Keep a distance away from other people (at least 1.5 meters).
- Avoid all contact with your pet animals.
- Use your own bathroom. If this is not possible, clean the shared sanitary facilities (shower, toilet, wash-basin) after each use with a commercial detergent or household disinfectant.
- 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.
- You and all the members of your household should wash your clothes, bed linen and bath towels regularly in a washing machine.
- Arrange to have family members, friends or a delivery service deliver food and other essential products such as medicines directly to your door (during the 10-day self-isolation quarantine of the members of your household).

### **Washing your hands<sup>2</sup>**

- 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.

### **Cover your mouth when you cough or sneeze**

- Cover your mouth and nose with a paper handkerchief when you sneeze or cough.
- The materials you used to cover your mouth or nose must be thrown away or washed.
- Throw used paper handkerchiefs into a specially designated waste bin in your room lined with a plastic bag.

### **Correct use of face masks<sup>3</sup>**

- 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.
- Throw the disposable face masks away immediately after taking them off.

### **Maintain all necessary precautions**

- Waste that is contaminated with body fluids (stool, blood, mucus) must be thrown into a waste bin in your room that can be closed and is lined with a plastic bag, if possible, before being disposed of together with other waste.
- Clean and disinfect touched surfaces such as bedside tables, bed frames and other bedroom furniture daily using a normal household disinfectant.
- Clean and disinfect bathroom and toilet surfaces after each use with a normal household disinfectant.
- 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.

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<sup>2</sup> Video correct hand washing: <https://youtu.be/gw2Ztu0H0YY>

<sup>3</sup> Video "How to use a face mask correctly": <https://www.youtube.com/watch?v=GNkQKutS8cg&feature=youtu.be>

### Tips for parents

- If your child is isolating, then ideally a particular individual from his or her immediate circle should be designated to care for the child. In practice, especially in the case of families with several children, it may be advisable to keep the whole family in quarantine. Depending on the age of the child, the measures for isolating in a room and the wearing of a mask will need to be individually adapted to the particular circumstances.

### Social contacts during isolation

- 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 isolation at home

- You got yourself tested and the result was positive: The Office of Public Health will contact you and give you further information. As a rule, isolation is ended 48 hours after the symptoms have gone away, and at least 10 days have elapsed since the symptoms started.
- You got yourself tested and the result was negative: End the isolation 24 hours after the symptoms have ended.
- You have **not got yourself tested**: End the isolation 48 hours after the symptoms have gone away, insofar as at least 10 days have elapsed since the symptoms started.
- If you suffer a sudden loss of your sense of smell and taste: It may take longer for the sense of smell and taste to recover. For this reason you can stop isolating if the loss of your sense of smell and/or taste is the only symptom that persists after the end of the isolation period.

### After the isolation has ended

- Continue adhering to the hygiene rules and recommended conduct of the campaign "[So schützen wir uns](#)" - [www.bag-coronavirus.ch](http://www.bag-coronavirus.ch).

### What should your contacts and your family do?

- Before your test results are available, your contacts and your family should monitor their health and follow the hygiene and conduct rules of the "So schützen wir uns" ("How we protect ourselves") ([www.bag.admin.ch/so-schuetzen-wir-uns](http://www.bag.admin.ch/so-schuetzen-wir-uns)). If symptoms occur, you should self-isolate and arrange to be tested if necessary. You must then follow the same recommendations for isolation as described in this instruction.
- If your test result is positive: Together with the Office of Public Health, you will identify your close contacts who will then need to self-isolate.
- Close contacts are persons who had contact of less than 1.5 metres for at least 15 minutes without protection while you were symptomatic and/or 48 hours before your symptoms appeared. These persons will be instructed to self-isolate (also see the website of the Office of Public Health <http://bit.ly/corona-fl>).
- You dose contacts do not need to go into quarantine, when they are completely vaccinated against COVID-19. Depending on the situation the Office of Public Health can order a test of the vaccinated contacts.