

## Social contact during the isolation

- Keep in touch with your family and friends by phone or by internet video call. Share your experience, thoughts, and feelings with their support.
- If you suffer from this situation, you can call anonymously the association « La main tendue » (the helping hand) at number 143, 24/24h.
- For psychological support: [www.santepsy.ch](http://www.santepsy.ch)

## Duration and lifting measures

- **The duration is minimum 10 days from the first symptom and minimum 48 hours after the end of symptoms.**
- **At the end of the planned isolation period, you will receive a SMS from the Cantonal Doctor's Office to inform you :**
  - ▶ **the lifting of measures if you don't have symptoms anymore, then you can go back to your usual life.**
  - ▶ **or to call back if you still have symptoms.**
- If you still have symptoms after 14 days, contact your doctor or the on-call doctor hotline 0848 133 133.
- If you had a loss of taste or smell, the recovery can take a longer time. If they are the only remaining symptoms, the measures can be lifted anyway.
- **At the isolation lifting, keep following the hygiene behavior recommendations of OFSP** « Here's how we protect ourselves »: [www.ofsp-coronavirus.ch](http://www.ofsp-coronavirus.ch)

### If you have questions

**About your health** (7/7 - 24/24h)

**0848 133 133**

**About your isolation** (7/7, 9:00 AM - 9:00 PM)

**or about the lifting of measures** (7/7, 9:00 AM - 5:30 PM)

**058 611 11 70**

More information : [www.vd.ch/coronavirus](http://www.vd.ch/coronavirus)

**Office du Médecin cantonal Vaud** - Contact tracing

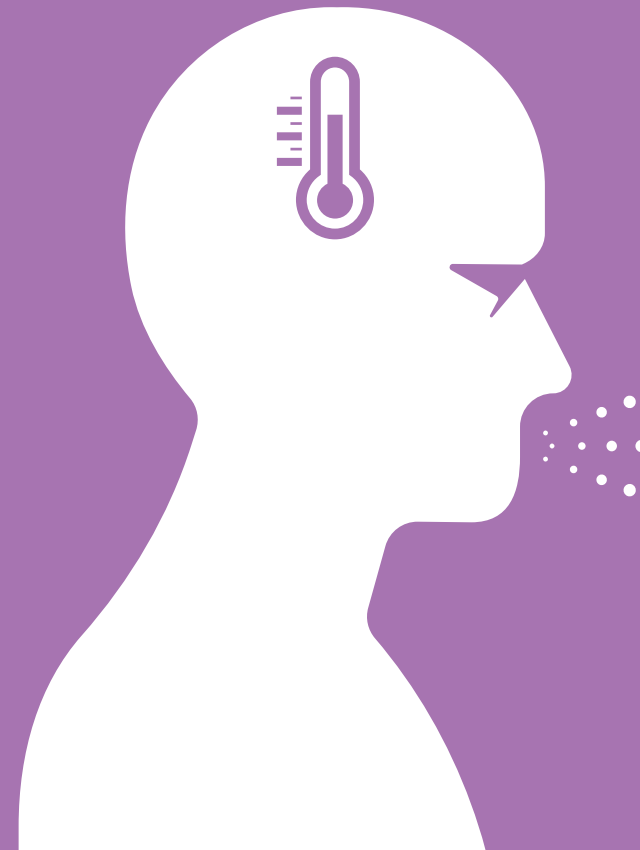
Chemin des Plaines 17, 1007 Lausanne, Tel : 058 611 11 70



**OMC**

Office du Médecin Cantonal

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# Isolation at home (CoVID-19 or SARS-CoV-2)

Instructions for a person with a positive CoVID-19 test

You got tested and the result is positive : you have a confirmed CoVID-19 infection. Your general health status is good. You have to be isolated at home to limit the spread of the virus and to protect your family/friends.

The persons who live at your home and your intimate relationships are subject to a 10 days quarantine and to follow specific instructions ([check leaflet Quarantine](#)). Please inform the ones who had unprotected close contact with you to limit contact, to choose teleworking when possible, and go for a test if they develop symptoms.

**You are kindly requested to answer the calls of the cantonal doctor office and to respect the instructions below. The police could proceed to controls.**

### Monitor your health state

- If your symptoms get worse or if you notice signs such as : persistent fever, persistent asthenia, shortness of breath, high pressure or chest pain, confusional state, bluish discoloration of lips or face, **contact your doctor or the on-call doctor hotline 0848 133 133 and follow the instructions.**
- If a medical consultation is necessary and scheduled, go to the appointment wearing a hygiene mask when you leave home and use a private car preferably.

### If you live alone

- Get your food and essential goods (medicines, hygiene masks) delivered by the family/friends/delivery services.
- Visitors are prohibited. Avoid any physical contact with people and pets.

### If you live with other persons

- Install yourself in a room alone, doors closed, and take your meal inside.
- Ventilate regularly your room.
- **Visitors are prohibited.** Avoid any physical contact with people and pets.
- Leave your room only if necessary and wear a mask.
- Keep a **minimum distance of 1,5 meter** from other persons.
- Use a private bathroom. If it is not possible, clean the shared sanitary facilities (shower, toilettes, sink), handles and switches if manual contact, with a detergent product after each use and once a day with an ordinary disinfectant (bleach).
- Do not share your dishes/glasses/cutlery with others. Use the dishwasher or wash them with a dishwashing liquid and water.
- Do your laundry regularly (clothes/bath/bed linen) in the washing machine.
- When someone needs to enter your room. You both have to wear a mask.

### Recommendation for parents

If your child is isolated and is not autonomous (generally < 12 years-old), one person among relatives has to be in charge by respecting rigorously the hygiene measures and wearing a mask. This person has to be in quarantine at home and this measure will be lifted at the end of the child's isolation period.

### Hand-wash

- Wash your hands with water and soap for at least 20 seconds. If you don't have a sink in your room, you can clean your hands with a sanitizer: rub the liquid in your hands on any surface until they dried.
- Before and after cooking, before and after eating, after going to the toilets.
- Whenever your hands are visually dirty (with water and soap preferably).

### When you cough and sneeze

- Cover your mouth and your nose with a tissue when you cough or sneeze.
- The tissues must be thrown away after use in a dedicated trash bin in your room.

### Wear a mask when

- you need to leave your room.
- you are in the presence of other persons, or when someone enters your room.
- you go to a medical appointment.

### Correct use of hygiene mask

- Hygiene masks are available for sale in drugstores and general stores. Ask your family/friends/a delivery service to drop them at your door.
- Wash your hands with water and soap or disinfect them : prior to take a mask, before and after any manipulation, after the removal.
- Attach carefully the hygiene mask to cover your nose and mouth, mold the metal edge on your nose, then adjust it to your chin.
- When you wear it, do not touch it.
- If the mask is wet or soiled by secretions, replace it immediately by a new one.

### Take all necessary measures

- Waste contaminated with body fluids must be thrown away in a dedicated trash bin in your room before tossing them in the garbage with your other household waste.
- Clean and disinfect every day the contact surfaces such as doors' handles, bed table, electric switches, and other furniture in the room, with a household ordinary disinfectant.