

Social contact during the quarantine

- 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

Duration and lifting of quarantine

- The quarantine is lifted on **day 5**, without the need for a test. **You will be contacted to inform you the lifting of measures if you did not develop any symptoms.**
- You can get on your social and professional life.
- **At the quarantine lifting, keep following the hygiene behavior recommendations of OFSP** « Here's how we protect ourselves » : www.ofsp-coronavirus.ch
- Continue to survey your health status in case of late symptoms.

If you have questions

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

0848 133 133

About your quarantine (7/7, 9h to 19h)

or about the lifting of measures (7/7, 9h to 17h)

058 611 11 70

More information : www.vd.ch/coronavirus

Office du Médecin cantonal Vaud - Contact tracing
Chemin des Plaines 17, 1007 Lausanne, Tel : 058 611 11 70



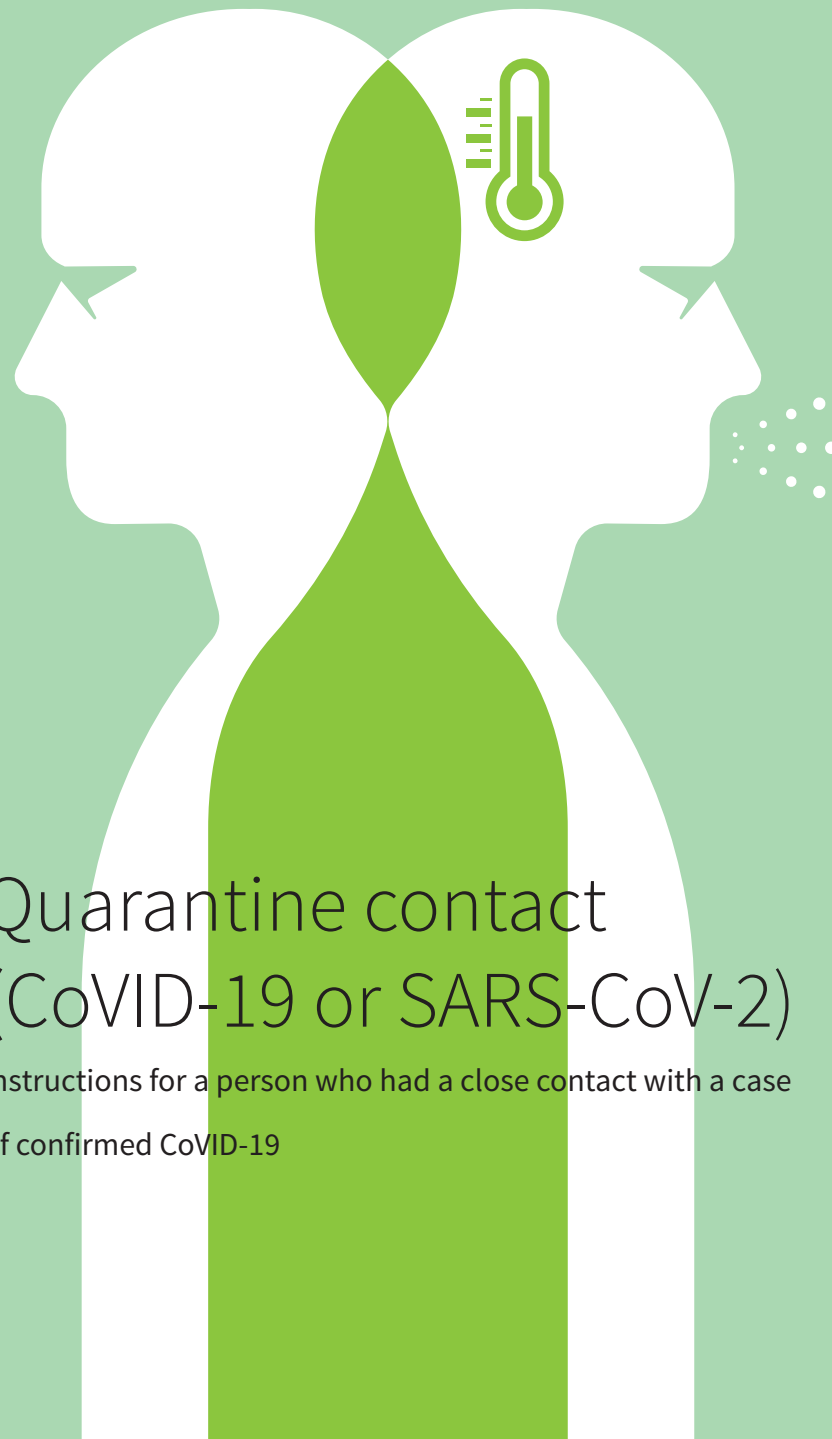
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Office du Médecin Cantonal

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Quarantine contact (CoVID-19 or SARS-CoV-2)

Instructions for a person who had a close contact with a case
of confirmed CoVID-19



You live or you are in a relationship with a person tested positive to CoVID-19, or you have been identified by the contact tracing service. You have to be in quarantine at home for 5 days, this also applies if your test is negative.

If you are fully vaccinated or have recovered from CoVID-19 in the last 4 months, you are not subject to quarantine.

This measure is necessary to limit the spread of the virus and protect your family/friends because you might indeed become contagious during this period.

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.

Social and professional eviction

- Stay at home for 5 days : the quarantine starts the day of the last contact with the person with CoVID-19 confirmed. It starts when the positive person develops symptoms if you live in the same household.
- Visitors are prohibited. Avoid any physical contact with people (except the ones in quarantine with you), neither with pets. The vulnerable people* have to follow the instructions separately from the rest of the family whenever possible to limit their risk to be infected.

** Persons over 65 years, or with high blood pressure, diabetes, cardiovascular diseases, chronic respiratory diseases, low immune system because of treatment, disease, obesity, cancer and pregnant women.*

If you live alone

- Get your food and essential goods, such as medicines and masks, delivered by the family/friends/delivery services.

If you live with someone infected

This infected person follow separately his/her instructions for isolation at home.

- **Keep a minimum distance of 1,5 meter** from the infected person when he/she needs to leave his/her bedroom.
- Wear a mask when you need to enter his/her bedroom.

If you live with other persons (in quarantine or not)

- Install yourself in a room alone, doors closed, and take your meal inside.
- **Wear a mask** for any contact with other persons and keep a **minimum distance of 1,5 meter** from them. **If you're vaccinated:** keep following the hygiene rules.

- 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.
- 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.

Recommendation for parents

If your child is in quarantine 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. The quarantine of the child ends at the same time as the lifting of measures of the adult (quarantine or isolation).

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 all surfaces until they dried.
- Before and after cooking, before and after eating, after going to toilets.
- Before and after manipulating a mask.
- Whenever your hands are visually dirty (with water and soap preferably).

Monitor your health status

- Observe your health status every day. The signs such as fever, ill feeling, onset of cough, shortness of breath, sudden loss of taste, or smell among other things, can be the symptoms of an infection with CoVID-19.

If symptoms appear during the 10 days

- **Answer the online form on www.coronacheck.ch** and if recommended, get tested for CoVID-19. You can find a test centre here : www.vd.ch/coronavirus-centres-de-test
- **Or call your family doctor or the on-call doctor service at 0848 133 133** and follow the instructions.
If you are a vulnerable person: specify that mention when you call.