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

- It is possible to end the quarantine early by carrying out, at your own expense, a rapid test or PCR test on the 7th day of quarantine. This test must be carried out in an approved centre.
- At the end of the 10 days quarantine, 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
0848 133 133 (7/7, 24/24h)

If you have questions about your isolation
021 338 11 22 (7/7, 9.00 AM - 9.00 PM)

If you have questions about the lifting of measures
021 338 11 55 (7/7, 9.00 AM - 5.30 PM)

More information : www.vd.ch/coronavirus

Office du Médecin cantonal Vaud - Contact tracing
Chemin des Plaines 17, 1007 Lausanne, Tel : 021 338 11 22

OMC
Office du Médecin Cantonal
If 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 10 days, this also applies if your test is negative.

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 10 days: the quarantine starts the day of the last contact with the person with CoVID-19 confirmed or at the symptoms development if you live in the same home.
- 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.
- Healthcare professionals who work in contact with patients and who have been exposed unprotected have to be in quarantine at home (10 days).

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

If you live with someone else

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

Hand-wash

- Wash your hands with water and soap for at least 20 seconds:
  - Before and after preparing food.
  - Before and after eating.
  - Before and after manipulating a mask.
  - Before and after going to toilettes.
  - Before and after touching or handling your face.

- Fill a soap dispenser in your room. You can clean your hands with a sanitizer: rub the liquid in your hands on all surfaces until they dried.

- Wash your hands with water and soap for at least 20 seconds:
  - Before and after cooking.
  - Before and after eating.
  - After going to toilettes.
  - Before and after manipulating a mask.
  - Whenever your hands are visibly dirty (with water and soap preferable).

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 you think you are suffering from an acute respiratory syndrome (generally ≥17 years-old), you should consult a doctor immediately and mention that you are quarantined.

Recommendation for parents

- Do your laundry regularly (clothes/bath/bed linen) in the washing machine.
- Do not share your dishes/glasses/cutlery with others. Use the dishwasher or wash them with a dishwashing liquid and water.
- Do not share the province’s bed linen or towels with others. Use the province’s bed linen or towels.
- Do not share any objects such as books, games, toys that are normally used in the bedrooms.
- Do not share any clothes/bath/bed linen that are used in the bedrooms.
- Wash a T-shirt or towel every two days.
- Wear a mask for any contact with other persons and keep a minimum distance.

If you live in a location where a person tested positive to CoVID-19 or you live if you are in a location where a person tested positive to Covid-19 or