

# Home isolation for positive COVID-19 cases

## ① What is home isolation?

/ It is a measure that involves keeping people affected by the virus isolated, thus cutting the chain of transmission.

## ② Why is it done?

/ The EU and the WHO recommend it as one of the most effective measures to avoid transmission of the virus.

## ③ Who decides to isolate someone?

/ Health professionals decide if someone is a candidate for home isolation, taking both clinical criteria and the social and healthcare environment into account.

## ④ How long does the isolation last?

/ Based on an individual assessment on a case-per-case basis, healthcare professionals will decide on the length of isolation and the follow-up to be carried out. It is important to be available and to follow their instructions at all times.

## ⑤ Can you stay with your family?

/ You can stay with people in your own home, as long as you make sure to keep separate from people over the age of 65, people with chronic conditions, pregnant women and children under the age of 5.

## How should isolation be done?

### Necessary features of a room to be used by the isolated person

1. / **They should stay in a single**, room with the door closed at all times.
2. / The room should have **direct ventilation** from outside and should be **aired for at least 10 minutes, 3 times a day**.
3. / There should be an **exclusive designated bathroom** for the isolated person. If this is not possible, it should be **disinfected with bleach** after each use.

## Measures to be adopted by the isolated person

- They may not leave the designated isolation area.** If they absolutely must enter the common areas, they should wash their hands and wear a mask.
- They may not receive visitors and **avoid contact with anyone** and with pets.
- They should wash their hands very often.**
- They should cover their mouth and nose with **single-use tissues when sneezing, or sneeze into their elbows**, after which they should **wash their hands**.
- Every time someone has to enter the room, **the space should be aired out for at least 10 minutes and both the isolated person and the caretaker should wear a mask.**
- If the isolated person is a breastfeeding woman, she should wear a mask whenever she is near an infant and wash her hands very carefully before contact.
- It is advisable to have a mobile phone to communicate with others.

**You should remain watchful for any new symptoms**, especially difficulty breathing, a general worsening in the condition and a high fever. Should you notice any of the above, quickly get in touch through the **STOP COVID19 CAT**, application, contact your appropriate **primary care clinic**, or call

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## Measures to be adopted by the people living with the isolated person

A single person should be appointed **main caretaker**, and anyone who enters contact with the isolated person should exert extreme caution.

- We recommend entering the isolated person's room as little as possible and, whenever it is absolutely necessary, to make plans to spend the least amount of time necessary there. When entering the room, both the isolated person and the caretaker should wear a **mask**, and, whenever there is contact with the isolated person or their fluids, a mask and, **latex gloves should be worn**.  
**Masks and gloves should be disposable.**
- You should warn the **isolated person** 10 minutes before entering their room so **that they may air it out**.
- You should wash your hands with soap or hand sanitizer often.
- The shared parts of the house should be well aired for at least 10 minutes 3 times a day.



- If all members of the household are isolated, they should all follow isolation measures. Other people from their family or social environment should provide them with whatever they need, or they may order for home deliveries. These people may not enter the home and should leave the goods at the door, and the isolated people should pick them up wearing a mask and maintaining a distance of at least 2 metres.

If anyone in the household **displays symptoms such** as a fever, cough or shortness of breath, **they should call 061 /Salut or contact their primary care centre.**

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## Waste management and surface cleaning

- / Bathrooms should be cleaned daily and thoroughly with bleach, starting with the sink and finishing with the toilet.
- / The bedding, clothes, towels, etc. of isolated people should be cleaned with common soap or detergent at 60 °C or more and be allowed to dry completely. Dirty laundry should be placed in a bag until it is cleaned. You should avoid shaking laundry before washing it.
- / Disposable equipment used by the isolated person and by caretakers (gloves, tissues, masks) and any other waste should be thrown away in a dustbin located inside the room, preferably with a lid and pedal. The bin bag should be closed before taking it out of the room.
- / The isolated person's waste can be thrown away with the rest of the waste as long as it is in a closed bag. All rubbish from the household should be thrown away in a closed bag.
- / You should always wash your hands after having been in contact with rubbish.
- / Dishes should be washed with hot water and soap or, preferably, in the dishwasher, separately from those used by others.
- / Surfaces that are touched often (bedside tables, mattress cases, bedroom furniture), the surface of the washbasin and toilet should be cleaned with disposable equipment and disinfected daily with a home disinfectant with a 1:100 bleach solution (1 part bleach, 99 parts water), mixed on the day of its use. The person in charge of cleaning should wear a mask and gloves and should wash their hands afterwards.

### Let's cut the transmission chain

**/ Remember: early detection of COVID-19 patients and rapid identification and isolation of close contact to keep the pandemic under control.**

**We cannot grow overconfident. Let's avoid a new outbreak**

