

Home isolation for positive COVID-19 cases and for cases pending results

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.

Can you stay with your family?

5 / You can stay with people in your own home, as long as you make sure to keep separate from others, *especially* 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 areas.** If they absolutely must enter the common areas, they should wash their hands, wear a mask and do your best to keep your distance from other people at home.
- They may not receive visitors and must **avoid close contact with anyone** and with pets.
- **They should wash their hands very often, preferably with hand sanitiser.**
- 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** and throw away the tissue.
- 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.

They should take showers and change clothes daily. Towels should be changed after each use and washed at 60°.

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

061 /Salut
Respon

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 also be worn.
The 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.

When using the bathroom, you should close the toilet lid before you flush.

Use paper towels after washing your hands.



- 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 1.5 metres.

If other members of the household **display symptoms** such as a fever, coughing or shortness of breath, they should **call 061/Salut** or **get in touch with their primary care centre.** Respon

Waste management and surface cleaning

/Bathrooms should be cleaned daily and thoroughly with bleach, starting with the sink and finishing with the toilet.

/The room should be cleaned starting from the point farthest from the entrance and moving towards the door.

/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 hermetically closed bag until it is cleaned. You should avoid shaking laundry before washing it.

/The patient's waste, including any disposable equipment they may have used (gloves, tissues, masks) should be thrown away in a plastic bag (bag 1) in a dustbin located inside the room, preferably with a lid and pedal, and this waste should not be separated for recycling.

The aforementioned bag 1 should be closed properly and put into a second bag (bag 2) by the exit of the room. The gloves and mask used by the caretaker will likewise be disposed of in said bag.

It must all be closed well before leaving the room. Bag 2 must be thrown in the dustbin (bag 3) with the rest of the household rubbish and closed properly. Bag 3 should be thrown in the waste container. You should wash your hands well after handling it.

/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 used. The person in charge of cleaning should wear a mask and gloves. Once they are done, they must throw away the gloves and mask in a bag which must be closed properly and thrown away with the remainder of household rubbish. They should then wash their hands.

Let's cut the transmission chain!

/Remember: early detection of people with COVID-19 and rapid identification and isolation of close contacts is essential to keep the pandemic under control.

We cannot grow complacent. Let's avoid another outbreak!

