



## **Fact sheet for patients**

### **What you have to do if you are infected with the novel coronavirus (SARS-CoV-2) and are put in isolation at home**

**You have a confirmed infection but do not have to be hospitalised because your general state of health is good. Despite this, you have to be put in isolation at home. This fact sheet contains recommendations on the precautionary measures you and the people around you must take to curb the spread of the virus.**

You will find all the necessary information about the novel coronavirus on the website of the Swiss Federal Office of Public Health (FOPH): <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html> and on the Canton Zurich Department of Health website: [www.gd.zh.ch/coronavirus](http://www.gd.zh.ch/coronavirus).

#### **Keep an eye on your state of health**

- Call the doctor treating you if your symptoms get worse (for example if you have a higher temperature or problems breathing), and follow their instructions.
- If you have to go to the doctor in person, you must wear a hygiene mask when you leave your home.

#### **If you live on your own**

- Have relatives, friends or delivery services deliver food and other vital products such as medicines to your door.

#### **If you live with other people in the same household**

- If possible, set yourself up in one room with closed doors, and eat your meals in your room. Air your room regularly. Avoid any visits and contacts, and only leave your room if necessary.
- Use your own bathroom. If this is not possible, clean shared sanitary facilities (shower, toilet and washbasin) with a normal household cleaning product after each use.
- Do not share dishes, glasses, cups and mugs, kitchen utensils, towels or bedlinen with other people. After use, wash utensils thoroughly in the dishwasher or with soap and water.
- Machine-wash your clothes, bedlinen and bath towels regularly.

#### **Washing your hands**

- You and the people around you must regularly wash your hands for at least 20 seconds with soap and water. If soap and water are not available, clean your hands with a hand sanitiser, rubbing it all over your hands until they are dry.
- Do this also before and after preparing meals, before and after eating meals, after going to the toilet, and naturally whenever your hands are visibly dirty.

#### **Cover your mouth when you cough or sneeze**

- Cover your mouth and nose with a paper tissue when you sneeze or cough.

- The materials you use to cover your mouth or nose must be thrown away or washed.
- Dispose of used paper tissues in a waste bin in your room specially designated for the purpose.

**Wear a mask**

- Always if you leave your room.
- In the presence of other people; especially if someone comes into your room.

**How to use a hygiene mask correctly**

- Carefully put on the hygiene mask so that it covers your mouth and nose, and tighten it so that it sits snugly against your face.
- Do not touch the mask again once you have put it on. Each time you touch a used hygiene mask (for example when taking it off), afterwards wash your hands with soap and water or hand sanitiser.
- If the mask gets damp you must replace it with a new clean, dry hygiene mask.
- Disposable (single-use) hygiene masks must not be reused.
- Dispose of a single-use mask immediately after you take it off.

**When does home isolation end?**

- The decision on when home isolation ends must be made on a case-by-case basis in consultation with the doctor treating you.