

COVID-19 SELF-QUARANTINE

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WHAT TO DO IF I HAVE BEEN IN CONTACT WITH A COVID-19 INFECTED PERSON?



This document is aimed at individuals who were in contact with a person who has been tested positive for the new coronavirus (SARS-CoV-2).

SELF-QUARANTINE

You have to quarantine yourself for 7 days, in order to limit transmission of the virus to people living under the same roof and the community as a whole. Indeed, you may well become contagious yourself during this period.

WHAT RULES APPLY IN SELF-QUARANTINE

Social and professional exclusion (self-quarantine)



- Stay at home for 7 days. Get tested for COVID-19 from the 6th day onwards, counting from the day of the last contact with the infected person. If the result is negative, the quarantine requirement is automatically lifted.
- Avoid contact with other people.
- Follow the rules of hygiene and protective measures. For an additional seven days, continue to measure your temperature twice a day and make sure to self-monitor your health.



If you live alone

- Get food and other essential products, e.g. medication, delivered at your doorstep by family, friends or a delivery service.

If you are living together with other people under the same roof



- Stay alone in one room, with doors closed, and take your meals in that room. Avoid all visits and contact and do not leave your room unless necessary.
- If possible, use separate sanitary facilities.
- Wash your hands regularly.
- Do not share personal household items, such as dishes, glasses, cups, kitchen utensils, napkins or bedding with other people. After having used any of these items, wash them carefully with water and soap, or in the dishwasher/washing machine.
- All of the clothes, bed linen and towels have to be washed regularly in a washing machine.

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If you start showing symptoms

- Isolate yourself at home. (More information on www.covid19.lu)
- Contact a general practitioner by phone (teleconsultation) if your respiratory symptoms get worse (e.g. difficulties breathing) and follow the instructions.
- You are a particularly vulnerable person*: Immediately contact your doctor - by phone. Report that you are a person with risk factors and that you have symptoms of a severe respiratory infection.



Washing your hands

- You and your environment have to wash their hands regularly using water and soap for at least 20 seconds. You should repeat this after having prepared a meal, before and after eating, after having used the bathroom and at any time if your hands appear to be dirty.
- If water and soap are unavailable, clean your hands with a hand disinfectant. Cover all of the surfaces



* Definition of particularly vulnerable people: Individuals over 65 years, as well as individuals with diabetes, a cardiovascular condition, a chronic illness of the respiratory tract, an immune system weakened by a condition or treatment, or cancer, pregnant women and persons suffering from morbid obesity (body mass index > 40 kg/m²).

