

CORONAVIRUS COVID-19 QUARANTINE



This document is intended for people who are considered high-risk contacts of a person that has been tested positive for coronavirus.

WHAT YOU HAVE TO DO IF YOU ARE IN QUARANTINE

You have to quarantine yourself **for 7 days, after you last contact with the infected person**, in order to limit transmission of the virus and to protect the people around you. Indeed, you may yourself become contagious during this period.

Quarantine is an obligation set by the law and prescribed by a quarantine prescription. The duration of the quarantine is linked to submission to a diagnostic test of the viral infection, to be done starting from the 6th day after the last contact with the infected person.

You are going to find all the necessary information about the new coronavirus on the government website:

www.covid19.lu

Social and professional exclusion (Quarantine)

- Stay home for 7 days after your last contact with the person who was tested positive, i.e. do not go to work, nor to the pharmacy, nor shopping ... (in the majority of cases, symptoms will have appeared within that period and you might be contagious in the 48 hours leading up to showing symptoms).
- Avoid contact with other people in your house.
- Monitor your state of health and the appearance of symptoms.
- Get tested for COVID-19 6 days after your last contact in a laboratory of your choice, showing the prescription that has been sent to you.
- For an additional 7 days, continue to measure your temperature twice a day and monitor your state of health. During this self-monitoring period, normal activities can be continued while respecting protective measures.



If you live alone

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

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

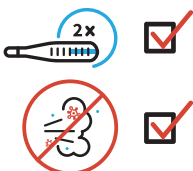


- Stay alone in one room, with doors closed, as the virus is volatile, and take your meals in that room. Make yourself comfortable to ensure your well-being. Avoid all visits and contact and do not leave your room unless necessary. When you do, wear a mask and take care to respect protective measures.
- If you do not have the option of isolating yourself in a room, please contact us.
- Wash your hands and air the room regularly.
- Do not share personal household items, such as dishes, glasses, cups, kitchen utensils, clothes, 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.
- If you are sharing bathroom amenities, clean them after each use and disinfect them with ordinary household products.



Advice to parents

- A child is quarantined, one parent has the right to isolate themselves with the child and can apply for leave for family reasons on [Guichet.lu](https://www.guichet.lu).



After the quarantine: self-monitoring

- After quarantine ends, continue to monitor your state of health during 7 more days, i.e. take your temperature 2x/day and check yourself for symptoms such as cough, breathing difficulties, headaches, loss of taste and smell, or unusual digestive symptoms.
- Continue to follow hygiene rules and to apply protective measures.

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If you start showing symptoms

- Isolate yourself at home. Contact a physician by phone (teleconsultation) and follow the instructions.



Washing your hands

- Wash your hands regularly with water and soap during at least 20 seconds. Especially before and after each meal, after having blown your nose, after having touched your face mask, after having been to the toilet and at any time when your hands are visibly dirty.
- If water and soap are unavailable, and your hands are not visibly dirty, clean them with a hand disinfectant. Cover all of the surfaces of your hands while rubbing them against each other until they are dry.



If you have any questions, please contact Ministry of Health at 247-65533.

- If you respect the quarantine, you protect your family and close ones.
- If you respect the quarantine, you are an important part of the fight against the transmission of the virus.
- **The application of the protective measures, during and after quarantine, is the key to avoiding a second confinement and, most of all, to save lives.**

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FOR INFORMATION:

 [covid19.lu](https://www.covid19.lu)



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG