



FOR PATIENTS AND THEIR FAMILIES

Self-isolation at home with confirmed COVID-19

SELF-ISOLATION AT HOME

You have been diagnosed with COVID-19 and currently have mild symptoms. You will therefore need to self-isolate at home.

This virus is very contagious and the COVID-19 disease can cause very serious symptoms.

If your condition deteriorates, please seek immediate medical assistance from your primary care physician.



Any members of your family who live with you and intend to stay with you during this period of self-isolation should be in good health and not have any underlying health conditions.

If possible, people with the following risk factors should not stay in the same household as you:



- suppressed immune system,
- chronic diseases
- or older age

Contact with members of your household

As little as possible



- ▶ As far as possible, you should only have contact with members of your household who you need for support.
- ▶ In terms of contact, you and members of your family should stay a minimum of 1.5 metres apart and each wear surgical masks.
- ▶ No one else should enter the room you are in and they should ideally stay elsewhere.



Contact with people outside of your household

- ▶ Avoid contact with other people outside of your household, such as post officers, delivery service staff, neighbours, friends and acquaintances.
- ▶ Ask for deliveries to be left at the front door of your house or at the entrance to your apartment.
- ▶ If contact with other people is unavoidable, please wear a surgical mask and keep as much distance from them as possible.



Living at home



- ▶ You should preferably live in a single room separately from other people.
- ▶ Make sure that all rooms are regularly ventilated.
- ▶ Do not use the kitchen, hallway, bathroom and other communal rooms more often than is absolutely necessary.
- ▶ It is preferable that you eat at a different time and in a different room from other members of your family.

HYGIENE

Coughing and sneezing guidelines

- ▶ Stay as far away as possible from other people (minimum 1.5 metres).
- ▶ Turn away when you cough or sneeze.
- ▶ To protect others, cough and sneeze into the crook of your arm or into a disposable tissue and immediately dispose of it in a waste bin with lid.



Hand hygiene guidelines

- ▶ Avoid shaking hands.
- ▶ Wash your hands regularly and thoroughly with soap and water, especially after blowing your nose, sneezing or coughing. This can help remove pathogens almost completely.
- ▶ Wash your hands with soap and water for a minimum of 20 to 30 seconds
 - before and after contact with other people
 - before preparing food
 - before eating
 - after using the toilet
 - whenever your hands are visibly dirty
 - after any contact with sick people or being in the immediate vicinity of them.
- ▶ Use a skin-friendly alcohol-based hand sanitiser to remove dirt that is not visible. Select a sanitiser that is anti-viral and labelled with the following German words:
 - “begrenzt viruzid” OR
 - “begrenzt viruzid PLUS” OR
 - “viruzid”



Note the safety instructions.



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- ▶ Use disposable towels or replace towels as soon as they become wet.
- ▶ Make sure that anyone who is uninfected uses different towels to sick people.
- ▶ Make sure that everyone in your household uses their own towel.


CLEANING

Cleaning and disinfection


- ▶ Clean frequently touched surfaces such as bedside tables, bed frames, smartphones, tablets **at least once a day**.
- ▶ Clean bathroom and toilet surfaces **several times a day**.
- ▶ Use an all-purpose cleaner or a disinfectant to clean surfaces. Select a household disinfectant that is anti-viral and labelled with the following German words:
 - “**begrenzt viruzid**” OR
 - “**begrenzt viruzid PLUS**” OR
 - “**viruzid**”

Note the safety instructions.


Laundry

- ▶ Wash the infected person's laundry at a minimum washing temperature of 60°C. 
- ▶ Collect the infected person's laundry in a separate laundry bag.
- ▶ Do not shake the laundry. Avoid direct contact between your skin and clothing and the contaminated materials.
- ▶ Use conventional washing liquid and make sure that the clothes dry properly.

WASTE DISPOSAL

- ▶ Keep bags containing waste from the person who is infected, such as tissues, in their bedroom in a sealed container. 
- ▶ Seal waste bags and dispose of them with your household waste.

GUIDELINES FOR MEMBERS OF YOUR HOUSEHOLD AND THEIR SYMPTOMS

If they develop symptoms similar to a SARS-CoV-2 infection (such as a fever or cough), then they are considered a **COVID-19 suspect case**. In this case, they should receive a diagnostic assessment. 

FURTHER INFORMATION

Robert Koch Institute

www.rki.de/covid-19



Federal Centre for Health Education (BZgA)

www.infektionsschutz.de



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