

RECOMMENDATIONS FOR DOMESTIC ISOLATION FOR CONFIRMED COVID-19 CASES OR FOR CLOSE CONTACTS

RACCOMANDAZIONI PER L'ISOLAMENTO DOMICILIARE
PER I CASI CONFERMATI DI COVID-19 O PER I CONTATTI STRETTI

- 1) Do not leave the house even if asymptomatic; you may go into your home garden, so long as it is used only by quarantined people
- 2) Measure the temperature twice daily (morning and evening) (the temperature must be measured at least 4 hours after taking antipyretic drugs)
- 3) Reduce the number of visitors to the bare minimum
- 4) Always wear the (surgical) mask whenever you come into contact with people you live with or visitors, and keep a distance of at least 1-1.5 metres; protect your nose and mouth when coughing or sneezing, throw away the paper tissues immediately after using them, and wash your hands
- 5) If possible, stay in a single and dedicated room, especially in the presence of symptoms
- 6) Ventilate the room or the ordinary living areas several times a day
- 7) If possible, use a dedicated bathroom, alternatively, the bathroom must be properly sanitised after use
- 8) Have lunch after the other family members using strictly personal utensils
- 9) Stick to a thorough hand hygiene by washing them often with water and soap or with alcohol-based detergents. To wipe your hands, after washing them, use paper towels to be promptly disposed of, alternatively, use strictly personal towels to be kept separately
- 10) Wash sheets, towels and clothes at 90° C with normal detergent; if washing is not possible at 90°C due to the characteristics of the tissue, add the washing cycle with bleach or sodium hypochlorite-based products
- 11) Clean the rooms and surfaces with a neutral detergent and subsequently with 0,1% sodium hypochlorite-based solutions, or in the case of materials susceptible of being damaged by sodium hypochlorite, with 70% ethyl alcohol
- 12) If the symptoms worsen with breathing difficulty, call your doctor or dial 118