

## **Recommendations for home isolation and care for people with COVID**

- accommodation of patient in separate, well-ventilated single room; if possible, the patient should not stay in shared premises as e.g. living room (except children); if unavoidable, ensure good ventilation of the room
- Keep the number of caring contact persons as low as possible - if possible, care should be executed by a single person who is healthy, not immunocompromised and does not belong to the risk group
- Place hand disinfectants with a virucidal effect (also alcohol-based gel or spray; the designation "limited virucidal" is sufficient) easily accessible at the exit of the patient room; it is best to leave a lockable garbage can there as well.
- Hand disinfection after every contact with the patient or leaving the room (3ml solution on the palms, rub in for at least 30 seconds) or hand washing with soap
- In general, all family and household members should pay particular attention to perfect hygiene (frequent hand washing, especially before and after cooking, after meals, after using the toilet etc.). Change towels and tea towels for all household members daily and wash them separately at 60 degrees.
- When in contact with caregivers, the patient should wear a surgical face mask for as long as possible, which must be changed and disposed of at least once a day.
- In the patient room, the caregiver should wear a mask (if possible FFP2 or higher; with marking EN149) and additional disposable gloves in order to protect himself from contamination with body secretions.
- Respiratory protection masks should only be touched at the strings and disposed of / changed as soon as they are soaked or soiled. In the meantime, it is best to hang the mask in a safe, airy place. Hands should be disinfected each time the mask and gloves are removed.
- Patients should use their own crockery and cutlery, that are washed regularly and that only they can reuse.
- If the household has two bathrooms and toilets, one of them should be available only to the patient.
- Regularly clean surfaces in the patient room (e.g. bedside table, bed frame, door handle), bathroom, and toilet at least once a day (first use a commercial cleaning agent, then use a virucidal surface disinfectant , mask and gloves should be worn when cleaning ) - the viruses can possibly survive for several days on different surfaces.
- Collect used laundry from the patient in a laundry bag or garbage bag, touch as little as possible (preferably using disposable gloves) and wash with heavy duty detergent at 60-90°C.
- Collect waste (gloves, masks and other hygiene waste) in the patient's room in a lockable container and then dispose of it in a lockable garbage bag.

- Relatives / members of the household should take care not to come into contact with contaminated everyday objects of the patient (toothbrush, towel, etc. ) and avoid touching their own face (eyes, nose) with fingers during contact phases.