



COVID-19: Instructions on isolation

Valid from: 26 June 2021

These instructions explain what you have to do if

- you have an acute illness which may be caused by the coronavirus AND/OR
- you were tested positive for coronavirus SARS-CoV-2

If you are experiencing symptoms of an acute respiratory illness¹ and/or have suddenly lost your sense of smell and/or taste, you must **isolate at home immediately** to avoid infecting other people and should get tested without delay.

Even if you have no symptoms but have tested positive for the coronavirus, you can still infect other people and must immediately self-isolate.

These instructions explain what measures you should take to avoid transmitting the virus. You can find comprehensive information about the coronavirus at: www.coronavirus.ch/coronavirus-en. An explanatory [video](#) on isolation is also available at the website: www.bag-coronavirus.ch.



Coronavirus

If you test positive, the cantonal office will contact you and give you further information and instructions.

Please note: the cantonal office might not be able to contact you promptly. In this case, you should inform your close contacts yourself that you have been infected. You will find information on this in the section below on **'What should your family and people you were in close contact with do?'**

Duration of the isolation period

The test result will determine how long you have to stay in isolation:

- You have tested **positive**: Usually you can end isolation 48 hours after your symptoms disappear, provided at least ten days have passed since the first symptoms appeared.
- You have tested **negative**: You can end isolation 24 hours after your symptoms disappear.
- You were **not tested**: You can end isolation 48 hours after your symptoms disappear, provided at least ten days have passed since the first symptoms appeared.
- You had no symptoms at the time you were tested: you can end isolation ten days after the test.

You can terminate isolation if the only symptoms that persist after ten days of isolation are a slight cough or a loss of your sense of taste or smell. It can take longer to regain your sense of taste and smell, as the olfactory nerves and taste buds take time to recover.

Monitor your health

- Phone a doctor immediately if you are worried about your state of health or if you experience one of the following warning signs:
 - A persistent high temperature lasting several days
 - A persistent feeling of weakness lasting several days
 - Shortness of breath
 - A persistent feeling of pressure or pain in the chest
 - A feeling of confusion, never experienced before
 - Bluish coloured lips or face

¹ e.g. cough, sore throat, shortness of breath with or without fever, chills, aches and pains

If you live alone

- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and to leave them outside your door.

If you live with others in the same household

- Stay in your room and keep the door closed. Eat meals by yourself in your room. Air the room regularly.
- Avoid any visits and contacts and only leave the room if absolutely necessary.
- When you leave your room, wear a [face mask](#) and keep a distance of at least 1.5 metres from other people
- Avoid contact with pets.
- Use your own bathroom. If this is not possible, clean all amenities (shower, toilet, washbasin) after each use with a standard household disinfectant.
- Do not share household items such as dishes, glasses, cups or kitchen utensils with other people. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen with other people.
- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and to leave them outside your door.

Wash your hands regularly²

- You and the persons around you must wash hands regularly, for at least 20 seconds with soap and water. If these are not available, clean your hands with hand sanitiser, rubbing the liquid thoroughly into your hands until they are dry. Use soap and water if your hands are visibly dirty.
- Always wash your hands before and after preparing food, before and after eating, after going to the toilet and whenever they are visibly dirty.

Cover your mouth when you cough or sneeze

- Cover your mouth and nose with a paper tissue when you cough or sneeze.
- Throw away or wash the material with which you covered your mouth and nose.
- Throw used paper tissues into a separate bin with a plastic rubbish bag in your room.

If you have to leave the house (e.g. to get tested or for a doctor's appointment)

- **Wear a [face mask](#).** If you are experiencing symptoms of an acute respiratory illness, do not wear a textile mask.
- **Wash your hands** or use hand sanitiser before leaving the house.
- **Avoid public transport.** If you are feeling well enough, drive, cycle, walk or take a taxi.

How to use a face mask correctly

- Wash your hands with water and soap or use hand sanitiser before putting on the mask.
- Put the face mask on carefully, ensuring that nose and mouth are covered; secure the mask so that it fits tightly against your face.
- Do not touch the mask once you have put it on. Each time you touch a used mask, e.g. when you remove it, wash your hands thoroughly with soap and water or use hand sanitiser.
- A face mask can be used for a maximum of four hours.
- Please observe the detailed information at www.bag.admin.ch/masks under [Wearing a mask correctly](#).



Masks

Observe all preventive measures

- Put all waste soiled with bodily fluids (faeces, blood, discharge) in a plastic bag in a separate bin in your room before it is disposed of with other waste.
- Clean and disinfect any surfaces you touch such as bedside tables, bed frames and other bedroom furniture. Do this daily with a standard household disinfectant.

² Video How to wash hands properly: <https://youtu.be/gw2Ztu0H0YY>

Isolation for children and parents

- The isolation rules essentially apply to children and their parents too.
- The child must not have contact with anyone outside the family during the isolation period.
- If only the child is in isolation, contact with other household members must be kept to a minimum. Whether this is feasible or not will depend on factors such as age. It is important to consider the needs of the child, especially if the child is small.
- If one parent is in isolation and the child is not, the other parent should provide childcare and be child's primary caregiver.
- If both parents are in isolation and the child is not, the measures to be adopted will depend on the age of the child and what is feasible. If external childcare cannot be organised and the child is unable to manage his or her everyday life while keeping to the hygiene and distancing rules vis-à-vis its parents, the parents must consider taking the child into isolation with them.

Social contact during isolation

- Even if you have to self-isolate, this does not mean that you have to break off all social contact. Stay in touch with friends and family via telephone, Skype etc. Tell them about what you are experiencing, and about your thoughts and feelings.
- If this is not possible, or if you still feel anxious about the situation, call the number 143 ('Die Dargebotene Hand') to talk to someone about your problems. This number is operated 24/7 and calls are free of charge.
- You can find more information online at: <http://www.dureschnufe.ch>



Dureschnufe

After the isolation period

- Continue to observe the rules on hygiene and social distancing in the 'Protect yourself and others' campaign: www.bag.admin.ch/protect-yourself-and-others.
- **Consider getting vaccinated against COVID-19:** usually, a single dose is sufficient for people who have been infected with the SARS-CoV-2 virus in the six months following confirmation of infection (three months for people at especially high risk).³ Find out more on the website: www.bag.admin.ch/vaccination and on the page of [your canton of residence](#).



Rules on hygiene and social distancing

What should your family and people you have had close contact with do?

- Until you have received a test result, your contacts and your family should monitor their health and observe the rules on hygiene and social distancing in the 'Protect yourself and others' campaign: www.bag.admin.ch/protect-yourself-and-others. If they start showing symptoms, they should self-isolate and get tested. They must follow the instructions on isolating given here.
- If you test positive for the virus, the cantonal office will help you to identify all the people you have been in close contact with, who must then go into quarantine. If the cantonal office is unable to contact you promptly, you yourself should inform your contacts that you have been infected.
- People with whom you have been in close contact must go into quarantine. If they are fully vaccinated or have had COVID-19 within the last six months (confirmed by a laboratory test), they will be exempt from the quarantine requirement, with some exceptions. However, they will have to comply with the usual rules of hygiene and social distancing⁴ as usual.

Who do you have to inform?

- Everyone you were in close contact with two days before experiencing your symptoms, that is to say, all those who came within 1.5 metres of you for more than 15 minutes without any form of protection – during the time you were symptomatic and up to 48 hours before your symptoms appeared. These contacts must follow the [instructions on quarantine](#) (www.bag.admin.ch/isolation-and-quarantine).



Instructions on quarantine

³ Who is considered to be at especially high risk? at www.bag.admin.ch/coronavirus-en > [Disease, symptoms, treatment](#) > [People at especially high risk](#)

⁴ www.bag.admin.ch/protect-yourself-and-others

- You and your contacts will find further information under '[I have had contact with a person who has tested positive. What should I do?](#)' also on the webpage www.bag.admin.ch/isolation-and-quarantine.
- If your contacts have to go into quarantine because they were in close contact with you, they are entitled to compensation for loss of earnings. Information is available in German, French and Italian on the [website](#) of the Federal Social Insurance Office BSV/OFAS (www.bsv.admin.ch).



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