COVID-19: Instructions on quarantine

What to do when you have been in close contact with someone who has tested positive for the new coronavirus (SARS-CoV-2)

Valid from: 11.05.2020

If you have had close contact with someone who has been confirmed in a laboratory test to have the new coronavirus, and who was infectious¹ while you were in contact, you must confine yourself in quarantine at home for 10 days. Close contact means that you have been within two metres of the person without any form of protection for more than 15 minutes. The competent cantonal service will contact you and give you more information and instructions on what to do.

By quarantining, you avoid transmitting the virus to people in your household and to the general public. You could become infectious during this time. By going into quarantine, you are helping to protect people² in high-risk groups and to slow the spread of coronavirus.

The following instructions explain what measures you should take while you are in quarantine in order to avoid transmitting the virus. Comprehensive information about new coronavirus is published at http://www.bag.admin.ch/novel-coronavirus.

Physical distancing

- Stay at home for 10 days (from the date of your last contact with the infected person).
- Avoid all contact with other people. You may, however, have contact with others in your household who are also in quarantine.
- Continue to observe rules on hygiene and social-distancing in the ‘Protect yourself and others’ campaign: www.bag.admin.ch/protect-yourself-and-others

If you live in the same household as the person who is ill

- Anyone who is ill should stay by themselves in a room and keep the door closed. They should eat meals in the room (see instructions on self-isolation).
- Keep a distance of two metres from the person who is ill when they have to leave their room.
- Avoid any visits and contacts.
- 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 regularly.
- Do not share household items such as crockery, glasses, cups or kitchen utensils. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen. Wash all clothes, towels and bed linen regularly in the washing machine.
- People in your household who are at high risk³ should, if possible, stay separate from all others while being in quarantine.

¹ A person is infectious while showing symptoms and up to 48 hours beforehand.
² People over the age of 65 and adults with cancer, cardiovascular disease, chronic respiratory disease, diabetes, high blood pressure, or who have a disorder or are undergoing treatment which weakens the immune system.
³ Video: How to use a face mask correctly: https://youtu.be/GNkQKutS8cg
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 but not with the person who has fallen ill
• Stay in your room and keep the door closed. Eat your meals by yourself in your room.
• Avoid all contact with others and only leave your room if necessary.
• Keep a distance of two metres from other people when you have to leave your room.
• Wash your hands regularly.
• Use your own bathroom. If this is not possible, clean all amenities (shower, toilet, washbasin) after each use with a standard household cleaning product.
• Do not share household items such as crockery, 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. Wash your clothes, bed linen and towels regularly in a washing machine.

If you have to leave the house (for a doctor’s appointment):
• Wear a face mask. If not available, keep a distance of at least two metres from other people.
• Avoid public transport. If you are feeling well enough, drive, cycle, walk or call a taxi.

How to use a face mask correctly
• Wash your hands with water and soap or use a 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 up to 4 hours.
• Do not reuse a disposable face mask.
• Throw away disposable face masks immediately once you remove them.

Monitor your health
• Keep an eye on how you are feeling: feeling achy, tired and feverish, a cough, sore throat, headache, shortness of breath or suddenly losing your sense of taste and/or smell are all signs that you may be infected with the new coronavirus.

If symptoms appear
• Isolate and follow the instructions on isolation. You will find all the information you need at: www.bag.admin.ch/isolation-and-quarantine.
• Do the coronavirus check on the FOPH website and get tested if necessary.
• Phone your doctor immediately. Tell them that you have been in quarantine according to the instructions of your competent cantonal service and that you are now showing symptoms. Tell your doctor if you belong to a high-risk group.

Social contact during quarantine
• Even if you have to quarantine, 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

---

4 Video: How to use a face mask correctly: https://youtu.be/GNkQKutS8cg
Handwashing\textsuperscript{5}

- You and the people 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 clearly 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.

End of quarantine

- If you do not have any symptoms after 10 days, check with the competent cantonal service before discontinuing quarantine.
- Continue to follow the rules on hygiene and social distancing in the ‘Protect yourself and others’ campaign: [www.bag.admin.ch/protect-yourself-and-others](http://www.bag.admin.ch/protect-yourself-and-others)
- Continue to monitor your health. First symptoms may still appear after the end of the quarantine.

Compensation for loss of income due to measures against coronavirus

Information is available in German, French and Italian on the website of the Federal Social Insurance Office FSIO ([www.bsv.amin.ch](http://www.bsv.amin.ch)).

\textsuperscript{5} Video: How to wash hands properly: [https://youtu.be/gw2Ztu0H0YY](https://youtu.be/gw2Ztu0H0YY)