Instructions: Self-quarantine

What to do when you have been in close contact with someone who has an acute respiratory disease

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If you live with someone who shows symptoms of an acute respiratory disease or if you have had intimate contact with such a person, you must confine yourself in quarantine at home for 10 days. This applies if you had contact with this person while they were showing symptoms and up to 24 hours beforehand.

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

The following instructions explain what measures you should take while you are in self-quarantine in order to avoid transmitting the virus.


Social distancing

- Stay at home for 10 days. This period begins from the time the sick person you have had contact with goes into self-isolation.
- Avoid all contact with other people. You may, however, have contact with others in your household who are also in quarantine. People in a high-risk group in the same household should, if possible, remain isolated from the others.
- Continue to observe the hygiene rules and recommendations on how to behave in the ‘Protect yourself and others’ campaign: www.bag-coronavirus.ch.

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. He/She 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.
- Wash your hands regularly.
- Do not share household items such as crockery, glasses, cups or kitchen utensils. Wash these items carefully after use in the dishwasher or 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 risk should, if possible, stay separate from all others while being in quarantine, following the instructions on self-isolation.

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 carefully after use in the dishwasher or 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.

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

If symptoms appear
• If you are in a high-risk group¹: Phone your doctor immediately. Tell them that you are in a high-risk group, that you have been in self-quarantine according to the FOPH instructions and that you are now showing symptoms.

Handwashing²
• 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.

At the end of self-quarantine
• If you do not have any symptoms after 10 days, you can come out of quarantine.
• Continue to follow the rules on hygiene and how to behave in the Protect yourself and others campaign: https://foph-coronavirus.ch/
• Continue to monitor your health. First symptoms may appear still appear after the end of the quarantine.

¹ People over the age of 65 and those with high blood pressure, diabetes, cardiovascular disease, chronic respiratory disease, cancer or who have a disorder or are undergoing treatment which weakens the immune system.
² Video How to wash hands properly: https://youtu.be/gw2Ztu0H0YY