

## HOME ISOLATION RECOMMENDATIONS BECAUSE OF COVID-19

- **Stay at home**, in a well-ventilated room, without forced air stream by heating or refrigeration systems, PREFERABLY of INDIVIDUAL use or, if it is not possible, keep 2 meters distance at least. The room door will remain closed.
- You have to be **REACHABLE BY PHONE**
- On the **isolation space** you have to have:
  - o Communication phone system (mobile or landline) or intercom (as the ones for babies) to communicate with family and health staff without going out.
  - o A bin with pedal opening cover and a plastic bag with fastener to deposit trash and disposables.
  - o Exclusive bathroom. If it is not possible, you should clean it with bleach after every use.
  - o Individual use cutlery and personal hygiene tools and soap or hydroalcoholic solution for hand sanitising.
  - o Personal clothes, bedding, towels... should be exclusive use and change it frequently, especially if it is wet.
- Follow always the next **hygiene measures**:
  - o Cover your mouth and nose when coughing or sneeze with a disposable tissue (that you will throw on the room bin) or with flexed elbow; avoid touching eyes, nose and mouth.
  - o Wash hands frequently, especially after coughing, sneeze and touching or manipulate tissues or other surfaces possibly polluted. Generally, with water and soap; also, you can use hydroalcoholic solutions if there is no visible dirt.
- Keep an entry and exit record when people access the room
- If it is needed to use common areas of the house you should wear surgical mask wash hands when going out of the room and before going in, and keep always 2 meters distance. Common areas have to be well ventilated.
- **VISITING IS NOT ALLOWED** during isolation period.
- **NOT GOING OUT of the house**, just in exceptional circumstances.
- Check temperature and write it down twice a day (morning and evening).
- Avoid antipyretic intake without medical advice, to not delay fever detection.

*(Source: Conselleria de Sanitat Universal i Salut Pública. Document: CRITERIOS PARA LA ORGANIZACIÓN ASISTENCIAL EN LA NUEVA NORMALIDAD EN ATENCIÓN PRIMARIA)*