

HYGIENE ADVICE FOR PATIENTS WITH SYMPTOMS OF CORONAVIRUS INFECTION AND WHO ARE ISOLATED AT HOME

If you are ill from the COVID-19 disease or are suspected of having a COVID-19 infection (in other words experiencing symptoms), please follow the advice below to avoid further spreading the COVID-19 virus to other members of your household and community.

Stay at home as long as you have symptoms

Limit outdoor activities. Do not go to work, school, or public places. Do not use public transport. Avoid receiving visitors at home.

Follow up on your symptoms

If your symptoms worsen (e.g. respiratory problems, very high fever, etc.), call your doctor to schedule a consultation. If you go directly to an emergency department, inform reception that you are ill or suspected to be ill with a COVID-19 infection. This will allow hospital staff to take measures to prevent contact with other people.

If a member of your household starts experiencing symptoms (e.g. fever, cough, etc.), call your doctor.

Stay away from your close ones

If possible, stay in a separate and well-ventilated room, even while sleeping. Avoid using rooms that are frequented (often used) by other members of your household as much as possible. If available, use a different bathroom and toilet than the ones used by other members of your household.

Use a face mask

When in the presence of others, wear a surgical mask or stay at a distance of more than 1.5 meters (about 5 feet). When a mask is not available, use a scarf or other fabric that covers the mouth. The virus is transmitted by droplets while speaking, coughing, sneezing, etc. across a distance of 1.5 meters. If you use a fabric to cover your mouth, wash it daily. If you use a surgical mask, throw it directly into the garbage after use (change your surgical mask every 3 hours).

Ventilate the living areas

Open windows as frequently as possible to ventilate the rooms containing the sick person.

Cover your nose and mouth if you cough or sneeze

When you cough or sneeze, use a fabric or paper towels to cover your nose and mouth. If you don't have one available, cough or sneeze in the fold of your elbow, the inside of your sweater, etc.

Discard paper towels immediately / place the fabric towels in a fabric bag that you will wash at the end of the day and wash your hands.

Wash your hands

Wash your hands each time you've coughed or sneezed, after each toilet visit, each time you've touched dirty cloths, etc. and several times a day with soap and water or a hydro-alcoholic solution (containing at least 60% alcohol). Rub your hands together for at least 20 seconds and then dry them. Members of your household should also wash their hands regularly and avoid touching their eyes, nose, and mouth with unwashed hands. Preferably, use disposable towels to dry your hands or wash your fabric towels as soon as they are wet (collect them in a fabric bag and place the bag in the washing machine).

Do not share objects

Do not share plates, mugs, toothbrushes, towels or bedding with other people. After using these items, wash them thoroughly with soap and water. Do not share cigarettes with anyone. Take your meals separately (eat alone).

Disinfect surfaces

Wherever possible, clean surfaces (e.g. tables, bedside tables, door handles, toilet seats, the floor, etc.) once a day with water containing 1% bleach (mix 10 mL of bleach in a 1-litre bottle and fill with tap water).

Clean the toilet after defecation

Close the toilet lid after defecating (producing stool), flush, wait five minutes, then clean the toilet with water containing 1% bleach. Do not mix chlorinated products with different cleaning agents. Ensure the necessary hand hygiene.

The duration of these measures will be discussed with the general practitioner, but they remain at least applicable until the symptoms have disappeared.