REGIONAL HEALTH SERVICE EMILIA-ROMAGNA

Local Health Unit of Piacenza

Department of Public Health

Hygiene and Safety Program for Living and Work Environments

Hygiene and Public Health operating unit

The director

Annex to instructions to quarantine

Recommendations for people in quarantine (STAY AT HOME WITH ISOLATION AND ACTIVE HEALTH SURVEILLANCE) FOR RISK OF COVID-19 ("Coronavirus").

The person in quarantine (as a close contact of a COVID-19 case) and family must adhere to the following recommendations throughout the period in which the quarantine has been ordered by the Department of Public Health. Close contact of a confirmed case is not sick, but it has a high chance of developing COVID-19! Therefore, to avoid (if you are infected before isolation from the case) that it is a source of transmission for others in the family, particular care is needed: the most important thing to do is to really separate from other family members. And if all the family members are in close contact, scrupulous hygiene and distancing measures must be followed among them. In particular:

The person in quarantine must:

- **You must stay at home and avoid contact with other people**. The people who live with you should not be in the same room as you.
- Use a private bathroom and toilet, if not possible, clean frequently touched surfaces regularly, using proper household disinfectant e.g. sodium hypochlorite (bleach). Make sure spaces in the home have good airflow by opening a window.
- **Make sure you can be reached by telephone** for the daily surveillance carried out by the public health operator who will contact you at the telephone number you have indicated
- **Take your temperature twice a day** (morning and evening) and if you feel like you have a fever;
    - **Contact immediately your own doctor and the healthcare professional (during the daily contact) in case of COVID-19 symptoms: fever, dry cough, tiredness, loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash..**
    - **In case of symptoms: always wear the supplied surgical mask**, If you are sharing the home with others, you need to remain separated from other individuals in your home. The masks should not be touched or manipulated during use. .If the mask becomes wet or soiled with secretions, it must be changed immediately. After use it should be discarded and hand hygiene performed;
- **Stay in your room with the door closed,** ensuring adequate natural ventilation pending further indications
- **Do not go directly to the clinic or the emergency room** and wait for the instructions of your doctor and / or health care worker public.

Indications both for the person in quarantine and for cohabitants

Hand hygiene:

- Both the person in quarantine and the cohabitants must follow scrupulous hygiene hands. Wash

your hands regularly: use liquid soap and water. If it weren't possible, clean your hands with an alcohol-based hand sanitiser. Dry your hands on paper towel, and do not share hand towels.

- Wash your hands before handling food, before eating, wash your hands after using the toilet and each time they look dirty. Avoid touching your eyes, nose and mouth and avoid close contact with others.
- Cough and sneeze into your elbow or directly into a tissue, throw the tissue immediately after used into a lined bin, and then wash your hands

- **Cleaning of frequently touched surfaces, laundry and dishes**

- Use a face mask when cleaning. Clean all frequently touched surfaces everyday. This includes door handle, toilets, light switches, bedside tables and other pieces of forniture of the person in quarantine.

- Clean using a bleach-based disinfectant and wear disposable gloves. Make sure the area is well ventilated.

- Clean and disinfect toilet and bathroom fixtures at least once a day and after each use by the isolated person with a household detergent bleach-based.

- After the use of the WC, close the toilet seat before flushing to avoid aerosol.

- wear gloves if you need to handle laundry that the person has used (e.g. clothing or bedding) and hold the laundry away from your clothes

- wash items in a separate load in a hot wash (greater than 65°C, better 90° C) with detergent Hands must be washed after handling laundry items and after removing gloves.

- Wear gloves if you need to handle dishes (e.g. crockery, glassware) that the person has used. Used dishes should be cleaned thoroughly with detergent and hot water or in the dishwasher.

Disposal of contaminated items

Place all used disposable gloves, gowns, face masks, tissues and other contaminated items into a container lined with a plastic rubbish bag. Tie/seal the bag and dispose of it into the general household waste. Wash your hands immediately after handling these items.

The doctor of Hygiene and Public Health

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