

PERIOD OF ISOLATION

If the Health Authority issues a prophylactic isolation order, **you must stay at home with social restrictions and will be contacted daily by your Local Health Authority.**

1 – STAY AT HOME

Do not go to work, school or public places and do not use public transports or taxis until the isolation period is over. If you need groceries, purchases or medicines, ask for help or place orders over the phone – *deliveries must be placed on the doorstep with no contact from the courier.*

2 – SEPARATE YOURSELF FROM OTHERS AT HOME

If you **live with others**, you must distance yourself from them. Stay in a separate well-ventilated bedroom with the door shut. If possible, have a bathroom just for yourself. If you have to share a bathroom, then use it after everyone else and do not share personal items such as towels and toiletries. Only leave your bedroom if absolutely necessary and wear a mask. Avoid shared or communal areas, including during meals.

3 – CONTACT THE HEALTH AUTHORITY

If you develop symptoms, or if for reasons of force majeure, you need to leave the house, always call the health professional who accompanies you first and follow the instructions given.

4 – USE A MASK ONLY WHEN RECOMMENDED

If recommended, you should wear a mask when you are with other people or when going to the doctor. When in the same room as others, if for some reason you cannot wear a mask, the others must wear one.

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5 – WASH YOUR HANDS REGULARLY

Wash your hands **often and thoroughly with soap and water for at least 20 seconds** and help the person you are caring for to wash their hands too. **Avoid touching your eyes, nose and mouth.**

6 – PROTECT THOSE AROUND YOU

When coughing or sneezing, **cover your mouth and nose with a disposable tissue. If you don't have a tissue**, cough or sneeze into your upper sleeve, not your hands. Throw used tissues into a closed waste bin and immediately wash your hands with soap and water for at least 20 seconds.

7 – AVOID SHARING HOUSEHOLD ITEMS

Do not share plates, drinking glasses, kitchen utensils, towels, bed linen or other household items with people you live with. After using these items, **wash them with soap and water or in the dishwasher** at high temperatures (70-90°C).

8 – MONITOR YOUR SYMPTOMS

Take your temperature with a thermometer two times a day. If you develop symptoms, call the **health authority**.

9 – DO NOT HAVE VISITORS

Only those who live with you should be in your home. **Do not invite or allow visitors to enter your home during the period of isolation.** If you need to speak to someone outside your household, use the phone or other means of contact.

10 – BE AN AGENT FOR PUBLIC

Adhesion to the recommended measures by the whole community can help reduce the risk of transmission from COVID-19. It is important that **everyone** adheres and promotes these measures.

NEW CORONAVIRUS | COVID-19

HOW TO SELF-ISOLATE



STAY AT HOME

Do not go to work, school or public places, and do not use public transports.



SEPARATE YOURSELF FROM OTHERS

You must stay in a separate room and avoid shared or communal areas.



DO NOT SHARE ITEMS

Do not share plates, drinking glasses, kitchen utensils, towels, bed linen or other house items.



DO NOT HAVE VISITORS

Do not invite or allow visitors to enter your home. If you want to speak to someone outside your household, use the phone or other means of contact.



CALL THE DOCTOR FIRST

Avoid unnecessary travel to health services by seeking advice first by phone.



WASH YOUR HANDS

Wash your hands often and thoroughly with soap and water for at least 20 seconds, or use a hand sanitiser.



MASK, ONLY IF NECESSARY

If recommended, you should wear a mask when you are with other people.



COUGHING AND SNEEZING

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues into a lined rubbish bin, and immediately wash your hands.



MONITOR SYMPTOMS

Measure your temperature daily and inform if symptoms have worsened.



TAKE CARE WITH WASTE

All waste that you have been in contact with should be put in a separate plastic rubbish bag and disposed of separately.