

Recommended procedures: Domestic Isolation of suspected COVID-19-Cases with mild symptoms*

- House the patient in a separated, well-vented single room.
- The patient should not linger in shared-use rooms. If unavoidable, provide good ventilation of such rooms (for example open windows).
- The patient's bedroom should not be shared with other people. If unavoidable, the patient's bed should be separated from other beds by at least 1m in all directions.
- Keep the number of attending people to a minimum. Ideally, only one person should care for the patient. This person should be of good general health, free of chronic illness and not suffer from an impaired immune system.
- As long as there are symptoms or risk of transmission, there should not be any visitors.
- Procure a virucidal hand rub (alcohol based gel or spray) at a local drug store and conveniently place it at the door of the patient's room.
- Perform a disinfecting hand rub following any contact with the patient or his immediate surroundings as well as when leaving the patient's room: Pour 3ml of the disinfectant on your palms and rub it in for at least 30 seconds.
- All family and household members should be extra diligent in their general hygiene (washing hands after any contamination, before and after handling of food, after meals, after going to the bathroom). When shopping or running errands: Use gloves and open doors with your elbows. Cotton gloves should be washed or changed daily.
- After washing your hands use a single-use or paper towel.
- The patient should wear a mask covering nose and mouth, preferably at all times. If a mask is not tolerated or not available, cover mouth and nose with a paper towel or handkerchief when coughing or sneezing. Afterwards, discard the paper towel or handkerchief.
- While in the patient's room the attending person should wear a breathing mask if tolerated. Single-use gloves should also be worn to avoid contamination with body fluids.
- Breathing masks should only be touched at the hangers and discarded/changed as soon as they are moist or contaminated.
- Breathing masks and single-use gloves should not be re-used. Following any mask and/or gloves removal **a hand disinfection should be performed.**
- The patient should use separate cutlery and dishes, both of which need to be cleaned regularly and only be re-used by the patient.
- In case there is more than one toilet available in the household one bathroom should be assigned for use by the patient only.
- Regularly clean surfaces in the patient room (eg. sideboard, bed frame, doorknob). Bathrooms and toilets at least once a day.
- For cleaning surfaces use a common household cleanser first, then apply a virucidal surface disinfectant which you may be able to procure from a local drugstore. Wear gloves and facial mask during cleaning procedures.
- Machine wash clothing, bedding, and towels used by the patient with standard detergent at 60°C minimum. Collect stained clothing in a bag and touch it as little as possible, preferably using single-use gloves.
- Collect gloves, masks, and used sanitary items in a sealable container placed in the patient's room. Eventually dispose of it as infectious waste.
- Household members should take particular care to avoid inadvertent contact with items of daily use from the immediate vicinity of the patient (say, tooth brush, towel). During direct patient contact even briefly touching one's own face (eyes, nose) should be avoided as much as possible.

*modifiziert nach: "*Home Care for Patients with Suspected Novel Coronavirus (2019-nCoV) infection presenting with mild symptoms and management of contact*". Interim guidance (WHO, 4 February 2020);

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