



## COVID-19: Instructions on quarantine

**What to do when you have been in close contact with someone who has tested positive for the new coronavirus (SARS-CoV-2) or if you have just arrived from a country or region where there is an increased risk of infection.**

**Valid from 06.07.2020**

**You have been in close contact with someone who has been confirmed in a laboratory test to have the new coronavirus.** Close contact means that you have been within 1.5 metres of a person who is infected for more than 15 minutes without any form of protection (face mask or a physical barrier like a Plexiglas wall). If this person was infectious at the time<sup>1</sup>, you must spend 10 days at home in quarantine. The authority or organisation that is responsible in your canton will contact you and give you more information and instructions on what to do.

**You are entering Switzerland and have stayed in a country or area within the last 14 days where there is an increased risk of infection.** You are required on arrival to go immediately and directly to your home or to other suitable accommodation. You must remain there at all times for 10 days following arrival (quarantine) and contact the responsible cantonal authority within two days of your arrival (see cantonal contact details [www.bag.admin.ch/entry](http://www.bag.admin.ch/entry)) to tell them you are in quarantine. Follow the instructions that the cantonal authority gives you. You are responsible for paying the costs you incur because of being in quarantine. In this situation, you are not entitled to compensation for loss of income.

By putting yourself in quarantine, you avoid transmitting the virus to people in your household and to the general public. You could become infectious during this time. By going into quarantine, you are helping to protect people in high-risk groups<sup>2</sup> and to slow the spread of coronavirus.

The following instructions explain what measures you should take while you are in quarantine in order to avoid transmitting the virus. Comprehensive information about new coronavirus is published at: <http://www.bag.admin.ch/novel-coronavirus>.

### Physical distancing

- Stay at home or in suitable accommodation for 10 days (from the time you last had contact with the person who may have infected you or from your day of arrival).
- Avoid all contact with other people. You may, however, have contact with others in your household who are also in quarantine.
- Observe the rules on hygiene and social-distancing in the 'Protect yourself and others' campaign: [www.bag.admin.ch/protect-yourself-and-others](http://www.bag.admin.ch/protect-yourself-and-others).
- Even if your PCR test for the virus is negative, you still have to spend 10 days in quarantine.

### If you live in the same household as the person who is ill

- The person who is ill should stay by themselves in a room and keep the door closed. They should eat meals in their room (see instructions on isolation).

<sup>1</sup> A person is infectious while showing symptoms and up to 48 hours beforehand.

<sup>2</sup> People over the age of 65 and adults with high blood pressure, diabetes, cardiovascular disease, chronic respiratory disease, cancer or who have a disorder or are undergoing treatment which weakens the immune system.

- Keep a distance of 1.5 metres from the person who is ill when they have to leave their room.
- Avoid any visits and contacts.
- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and to leave them outside your door.
- Wash your hands regularly.
- Do not share household items such as crockery, glasses, cups or kitchen utensils. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen. Wash all clothes, towels and bed linen regularly in the washing machine.
- People in your household who are at high risk should, if possible, stay separate from all others while in quarantine.

#### **If you live alone**

- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and to leave them outside your door.

#### **If you live with others in the same household but not with the person who has fallen ill**

- Stay in your room and keep the door closed. Eat your meals by yourself in your room.
- Avoid all contact with others and only leave your room if necessary.
- Keep a distance of 1.5 metres from other people when you have to leave your room.
- Wash your hands regularly.
- Use your own bathroom. If this is not possible, clean all amenities (shower, toilet, washbasin) after each use with a standard household cleaning product.
- Do not share household items such as crockery, glasses, cups or kitchen utensils with other people. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen with other people. Wash your clothes, bed linen and towels regularly in a washing machine.

#### **If you have to leave the house (for a doctor's appointment):**

- **Wear a [face mask](#).** If not available, keep a distance of at least 1.5 metres from other people.
- **Avoid public transport.** If you are feeling well enough, drive, cycle, walk or take a taxi.

#### **How to use a face mask correctly<sup>3</sup>**

- Wash your hands with water and soap or use a hand sanitiser before putting on the mask.
- Put the face mask on carefully, ensuring that nose and mouth are covered; secure the mask so that it fits tightly against your face.
- Do not touch the mask once you have put it on. Each time you touch a used mask, e.g. when you remove it, wash your hands thoroughly with soap and water or use hand sanitiser.
- A face mask can be used for at least 4 hours.
- Do not reuse a disposable face mask.
- Throw away disposable face masks immediately once you remove them.

#### **Monitor your health**

- Keep an eye on how you are feeling: feeling achy, tired and feverish, a cough, sore throat, headache, shortness of breath or suddenly losing your sense of taste and/or smell are all signs that you may be infected with new coronavirus.

#### **If symptoms appear**

- Go into isolation and follow the instructions on isolating. You will find all the information you need at: [www.bag.admin.ch/isolation-and-quarantine](http://www.bag.admin.ch/isolation-and-quarantine).
- Do the [coronavirus check](#) on the FOPH website and get tested if necessary.

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<sup>3</sup> Video How to use a face mask correctly: <https://youtu.be/GNkQKutS8cg>

- Phone your doctor immediately. Tell them that you have been in quarantine according to the instructions of your cantonal medical service and that you are now showing symptoms. Tell your doctor if you belong to a high-risk group.

#### **Social contact during quarantine**

- Even if you have to go into quarantine, this does not mean that you have to break off all social contact. Stay in touch with friends and family via telephone, Skype etc. Tell them about what you are experiencing, and about your thoughts and feelings.
- If this is not possible, or if you still feel anxious about the situation, call the number 143 ('Die Dargebotene Hand') to talk to someone about your problems. This number is operated 24/7 and calls are free of charge.
- You can find more information online at: <http://www.dureschnufe.ch>

#### **Handwashing<sup>4</sup>**

- You and the people around you must wash hands regularly, for at least 20 seconds with soap and water. If these are not available, clean your hands with hand sanitiser, rubbing the liquid thoroughly into your hands until they are dry. Use soap and water if your hands are clearly dirty.
- Always wash your hands before and after preparing food, before and after eating, after going to the toilet, and whenever they are visibly dirty.

#### **End of quarantine**

- If you do not have any symptoms after 10 days, check with the cantonal medical service before coming out of quarantine.
- Continue to follow the rules on hygiene and social distancing in the 'Protect yourself and others' campaign: [www.bag.admin.ch/protect-yourself-and-others](http://www.bag.admin.ch/protect-yourself-and-others)
- Continue to monitor your health. First symptoms may still appear after the end of the quarantine.

#### **Compensation for loss of income due to measures against coronavirus**

- Information is available in German, French and Italian on the [website](http://www.bsv.admin.ch) of the Federal Social Insurance Office FSIO ([www.bsv.admin.ch](http://www.bsv.admin.ch)).

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<sup>4</sup> Video How to wash hands properly: <https://youtu.be/gw2Ztu0H0YY>