

## **GUIDELINES FOR THE PERIOD OF ISOLATION FOR PERSONS AT RISK OF THE NEW CORONAVIRUS (COVID-19)**

**If you were at risk of being infected by the new coronavirus (COVID-19) during the latest 14 day period, i. e. were visiting affected areas, you must stay at home (isolate) for 14 days to prevent the possible spread of infection and be available on telephone and email throughout the full isolation period. Please read this information carefully.**

### **Justification**

Purpose of the isolation:

- early identification, isolation and treatment of individuals with symptoms of the new coronavirus (COVID-19);
- prevent the spread of infection and the development of secondary cases.

### **Does that mean I'm infected with COVID-19 as well?**

Not necessarily, but we cannot be sure of that. Each infectious disease has a specific incubation period, i. e. the period from the time of entry of the infectious agent until the symptoms of the disease develop. According to the current data, the incubation period for COVID-19 infection may be up to 14 days. Therefore, monitoring of individuals at risk is recommended for timely, qualified assistance and the appropriate measures for the infection control.

### **What does it mean to be isolated?**

It means you must:

- not leave isolation area for 14 days (from the last day of your stay in an affected area)
- not attend public places such as school, work, university, mass gathering, etc.
- not accommodate any guests during the entire period of isolation
- measure your body temperature daily, monitor your health and notify your public health officer of any changes in your health (cough, shortness of breath, difficulty in breathing);
- if possible, let your family and friends, who are not in incubation period provide food and essential needs. If it is not the case, it is recommended to order food home.

### **Should I wear medical mask at home?**

It is not necessary to wear medical mask at home if there are no symptoms of infection.

Wear a medical mask if you have symptoms of a respiratory infection such as cough, sneezing and you have to go to the hospital by ambulance.

### **How can a person become infected with coronavirus?**

Coronaviruses are a large group of viruses that can cause a variety of respiratory diseases. Mostly coronaviruses cause mild or even asymptomatic infections, but they can also cause serious respiratory infections, such as coronavirus infections of the Middle East Respiratory Syndrome (ARRS) or Severe Acute Respiratory Syndrome (SARS).

Certain coronaviruses are transmitted from person to person, usually in close contact with a coronavirus patient, i.e. at home or work, in medical care facilities. COVID-19 can be transmitted from person to person. The virus can be transmitted through airway droplets when the person is coughing or sneezing. It is suspected that COVID-19 may be secreted by some individuals in the absence or pre-existing onset of the disease.

**What are the main symptoms associated with coronavirus?**

COVID-19 infection symptoms:

- fever,
- cough,
- difficulty in breathing.

If at least one of these symptoms occurs within 14 days, call 112 immediately for emergency assistance, tell the circumstances of your illness (it is necessary to specify if you have visited China for a period of 14 days), and follow the medical recommendations.

**What to do after period of 14 days?**

You are no longer at risk of the disease and you can return to normal life if any more symptoms do not occur within 14 days from the last day of the exposure.

I, \_\_\_\_\_,

(name and surname)

confirm that I have read and understood the recommendation provided, I had the opportunity to ask questions and I got the appropriate answers to all the questions I asked on the basis of the recommendation. I \_\_\_\_\_ (**agree** / **disagree**) to isolate and follow the requirements upon the recommendation.

\_\_\_\_\_, \_\_\_\_\_

(name, surname, signature)

(date)