

RECOMMENDATIONS FOR PERSONS TO WHOM THE QUARANTINE HAS BEEN ORDERED (HOME STAY WITH ISOLATION AND ACTIVE HEALTH SURVEILLANCE) FOR THE RISK OF COVID-19 ("Coronavirus")

The person in isolation (as a case or a tampon-positive person to COVID-19 or close contact of a case or for other conditions provided by the law, such as returning to Italy from abroad) and the cohabitants must follow the recommendations during the entire period for which quarantine has been ordered by the Public Health Department.

The quarantined person must:

- **Remain at home**, without leaving the house and avoiding contact with the cohabitants; avoid movement inside the house during the presence of the other cohabitants, in any case keep a distance of not less than 2 meters;
- Use a room and a bathroom not shared with other people, **airing the rooms frequently**. If the exclusive use of a bathroom is not possible, after each use, **the surfaces and sanitary facilities must be disinfected** with suitable disinfectant products (e.g. diluted bleach, etc.) and the room must be ventilated before other people enter;
- **Do not share objects** with the cohabitants (e.g. mobile phone, personal computer, earphones, headphones, pens, books, papers, etc.) or disinfect them carefully after use by the person in quarantine;
- Make sure that you are **reachable by phone for the surveillance** provided by the public health operator;
- **Measure your temperature 2 times a day** (morning and evening) and if you feel like you have a fever;

Appearance or aggravation of symptoms

If symptoms (fever, cough, respiratory symptoms) appear, the quarantined person should immediately notify their doctor and:

- **Continue to maintain isolation from other cohabitants** and wear a surgical mask if available. The mask 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 must be removed and hands must be washed thoroughly;
- **Remain in your room** with the door closed ensuring adequate ventilation;
- **Do not go directly** neither to the Clinic nor to the Emergency Room and **wait for your doctor's indications and/or the Public Health operator**, in case of **emergency call 118**.

The quarantined person will be contacted by phone by the health operators of the Public Health Department who will monitor the possible evolution of symptoms related to coronavirus infection, and from Monday to Friday from 08:00 to 18:00, on Saturdays and holidays from 08:00 to 13:00 is active the number of the Public Health Department 059 396.3663.

Directions for both the quarantined person and the cohabitants

Hand hygiene

- Both the quarantined person and the cohabitants must follow scrupulous hand hygiene, using soap and water or, if not possible, using a hydro alcoholic gel; the quarantined person should preferably use disposable paper towels or dedicated towel for exclusive use.

Hand hygiene is of particular importance in the following situations:

- after using the bathroom and every time the hands look dirty;
- before and after food preparation and before eating;
- after coughing and sneezing (remember that during coughing and sneezing it is necessary to cover the mouth and nose with paper handkerchiefs or with the inside of the elbow).

Room cleaning and laundry washing

- Clean daily the most frequently touched surfaces (bedside tables, bed and other furniture of the quarantined person's bedroom), using a normal household disinfectant containing diluted bleach solution; Use disposable gloves during cleaning;
- Clean and disinfect bathroom and sanitary surfaces (sink, toilet, bidet, bathtub/shower) at least once a day and after each use of the person in isolation with a normal household disinfectant containing a diluted bleach solution;
- After using the toilet, always close the toilet seat before flushing, to avoid aerosols;
- The quarantined person's laundry (clothes, sheets, towels and bath towels) should be kept in a separate container/bag waiting to be washed; wash this laundry in the washing machine at 60–90° C (better 90° C) using a common detergent;
- The dishes used by the quarantined person can be washed in the dishwasher or by hand with hot water and dishwashing detergent.

Waste

The waste material generated by the quarantined persons (used paper handkerchiefs, used surgical masks, disposable towels, disposable gloves, etc.) must be placed in a dedicated waste bag and placed in the person's room in isolation, closed before disposal with other household waste (undifferentiated waste). Further information on waste management is given below in Annex 2.

Other information

The notice of isolation prescription is sent by email also to the General Practitioner (or Paediatrician) who can release the certificate for the absence from work, if necessary. According to current regulations, in cases of tampon-positive, the isolation can be terminated only after two consecutive negative control tampons check-ups that are scheduled according to the complete resolution of symptoms; usually the first control tampon is scheduled 7 days after the resolution of symptoms and not before 14 days after the positive test has been performed; however, it has been observed that in some cases negativization it's verified after longer periods of time.

For people in isolation as close contacts of positive cases or returning from abroad, who have not presented symptoms during quarantine, the isolation normally lasts 14 days and no control tests are required.

For both positive cases and for contacts or returns from abroad, the end of the isolation is communicated by the Public Hygiene Service by phone and by sending e-mails that can also be used to document the end of quarantine.