

HYGIENE ADVICE FOR PATIENTS WITH SYMPTOMS OF CORONA-VIRUS INFECTION AND WHO ARE ISOLATED AT HOME

Version 20 April 2020

If you are ill from the **COVID-19** disease or if you are suspected of having a COVID-19 infection (in other words experiencing symptoms), please follow the advice below to avoid further spreading of the COVID-19 virus to other members of your household and community. **The duration of these measures has to be discussed with the general practitioner, but they are at least applicable until the symptoms have disappeared.**

Prevent contamination of persons around you

Stay at home as long as you have symptoms

- Limit outdoor activities. Do not go to work, school, or public places. Do not use public transport. Avoid receiving visitors at your home. And don't go visit anybody yourself.
- If your symptoms worsen (e.g. respiratory problems, very high fever, etc.), call your doctor to schedule a consultation. If you do go (directly) to an emergency department because of **serious symptoms**, inform the reception before your arrival.

Limit further spread

- The virus is transmitted by droplets while speaking, coughing, sneezing, etc. across a distance of 1.5 meters.
- When in the presence of others, wear a surgical mask or stay at a distance of more than 1.5 meters (about 5 feet). Given the lack of mouth masks, use a scarf, another cloth or a reusable fabric mouth mask. These should be washed daily at 60 degrees.
- Do not forget to wash your hands with soap and water after removing the mouth mask. Dry your hands with a clean towel.

Stay away from your close ones

- If possible, stay in a separate room, even while sleeping.
- Open windows as frequently as possible to ventilate the rooms where the sick person is staying.
- Avoid using rooms that are frequented (often used) by other members of your household as much as possible. If available, use a different bathroom and toilet than the ones used by other members of your household. If this is not possible, you should use the bathroom/toilet lastly and, if your health permits, disinfect it after use.
- Do not share cutlery, plates, mugs, glasses, ..., toothbrushes, towels or bedding with other people. After using these items. You should clean these things thoroughly after use.
- Wherever possible, clean frequently touched surfaces (e.g. tables, bedside tables, door handles, toilet seats, floor, etc.) once a day with water containing 4% bleach (mix 40 mL (=4 dessert spoons or 8 tea-spoons) of bleach in a 1-litre bottle and fill with tap water). Don't forget to clean your mobile phone and remote control.

Personal hygiene

Cover your nose and mouth if you cough or sneeze

When you cough or sneeze, use a fabric or paper towels to cover your nose and mouth. If you don't have one available, cough or sneeze in the fold of your elbow, the inside of your sweater, etc. Throw the paper handkerchiefs immediately in a garbage bin with a lid. Put the cloth handkerchief in a cloth bag that you wash at the end of the day. Then wash your hands.

Toilet visit

Close the toilet lid before flushing. Whether your hands are visibly soiled with urine or not, always wash them afterwards with soap and water. Dry them with a clean towel.

Wash your hands

Wash your hands each time you've coughed or sneezed, after each toilet visit, each time you've touched dirty cloths, etc... and this several times a day. Wash your hands with soap and water for 40 till 60 seconds and then dry them. Preferably, use disposable towels to dry your hands or wash your fabric towels as soon as they are wet (collect them in a fabric bag and place the bag in the washing machine and wash at 60 degrees).



HYGIENE ADVICE FOR THE ENVIRONMENT OF A PATIENT WITH SYMPTOMS OF COVID-19 WHICH IS ISOLATED AT HOME

Version 20 April 2020

If someone in your area has **COVID-19**, follow the advice below to prevent the virus from spreading to others in your household (people in your home) and your surroundings.

Prevent contamination

Monitor your health

- Call your GP to make an appointment if you have any symptoms (e.g. respiratory problems, fever, coughing, sore throat,...).

Stay away from the sick person

- Avoid close contact with the sick person. If possible, only one person will take care of the patient.
- Prevent people with chronic respiratory diseases, people with immune problems and the elderly from coming into contact with the sick person. If necessary, temporarily find an alternative place to stay for them.
- If available, use a different bathroom and toilet than the sick person. If this is not possible, the sick person should use the bathroom/toilet lastly and, if his or her state of health permits, disinfect it after use.
- Take your meals separately. Do not share cutlery, plates, mugs, glasses, ..., toothbrushes, towels or bed linen with the sick person. Do not pull the sick person's cigarette.
- In the presence of others, cover the sick person's mouth and nose with a cloth, scarf or fabric reusable mouth cap. Otherwise stay at a distance of more than 1.5 meters.
- Wearing a mouth mask by the sick person's contacts does not protect against infection.
- Open windows as frequently as possible to ventilate the rooms where the sick person is staying.

Personal hygiene

Cover your nose and mouth if you cough or sneeze

Use a fabric or paper handkerchief. If you don't have it at hand, cough or sneeze in the fold of your elbow, the inside of your sweater,.... Discard paper handkerchiefs immediately in a bin with a lid. Then wash your hands.

Wash your hands

Avoid touching your eyes, nose, and mouth with unwashed hands.

Rub your hands together for 40 to 60 seconds. Dry your hands with clean towels, which are not used by the sick person. Wash the towels as soon as they're damp.

Toilet visit

If you share the toilet with the sick person, disinfect the toilet thoroughly before each use. Flip the lid down before flushing the toilet. Whether your hands are visibly soiled with urine or not, always wash them afterwards with soap and water. Dry them with a clean towel.

Disinfect surfaces

Where possible, clean frequently touched surfaces once a day (e.g. table, bedside table, door handle, toilet seat, floor,...) with water containing 4% bleach (=javel) (put 40 ml of bleach (=4 dessert spoons or 8 teaspoons) in a 1-litre bottle and then fill it with tap water).