

CORONAVIRUS

How to correctly self-quarantine at home

Preventive measures for all quarantines

- + Remain in a dedicated room, to be aired out frequently by opening windows. If possible, in rooms equipped with air conditioning systems the percentage of recycled air must be decreased and that taken from outside, increased.
 - + If possible, use a dedicated bathroom.
 - + Sleep alone and limit movement to other areas of the house where other people are.
 - + Maintain a distance of one meter between all people.
 - + Avoid direct contact of any kind. This includes handshakes, kisses and hugs.
 - + Monitor your health conditions by detecting and recording daily body temperature (twice a day or as needed) and any respiratory symptoms such as cough, nasal secretions, sore throat or headache. Communicate this information to your doctor.
 - + Report immediately to your doctor the onset of any symptoms.
- Contact your local emergency number if you begin experiencing respiratory difficulties.

Additional measures for symptomatic patients

- + Don't receive visitors until the symptoms have passed.
- + If you must move between rooms and have symptoms of a respiratory tract infection, use a surgical mask as frequently as possible.
- + Practice respiratory hygiene measures such as:
 - covering your nose and mouth by using tissues when sneezing or coughing
 - coughing into your elbow

- if a tissue is made of paper, it should be disposed of in a closed trash can
- if the tissue is made of fabric, wash normally
- hands must be washed or rubbed with alcohol gel immediately after coughing or sneezing

- + Report to your doctor the onset of new symptoms or significant changes to the pre-existing symptoms

Measures for people who care for quarantines

If it is deemed appropriate or necessary for you to provide care for a member of your household, it is important to pay attention to the following behaviors during the health and general care of these patients.

- + Wear a surgical mask if assisting a patient at all times, which must not be touched during use and must be changed if damaged or wet.
- + Properly dispose of waste generated by the patient or by the assistance provided by placing in a closed plastic bag, temporarily placed in a closed container if necessary, then disposed of in the manner prescribed for household waste.
- + Disinfect the surfaces of the rooms used by the patient frequently (at least once a day), including furnishings. Clean and sanitize with detergent products first and subsequently disinfect using an alcohol-based solution.
- + If cleaning, wear a disposable gown or a dedicated apron and use disposable gloves; if household gloves are used, these must be disinfected after each use.
- + Handle any patient's linen with gloves and machine wash at 60–90 ° C with common detergents.