

Recommendations for home isolation in mild cases of Covid-19



These are the recommendations that you must follow if you are isolated at home with a mild case of Covid-19. **Read these recommendations carefully and call the hotline if you have any questions.** Your family members and the people you live with must also receive this information.



Place of confinement (you must have a telephone in the room with you)



Stay at home; avoid leaving your room, and keep it well-ventilated with the door closed



Avoid coming within a distance of less than 2 metres from the people you live with



Avoid receiving home visits. If you need help with shopping, this can be left at your door



Use your own bathroom; if you share a bathroom, it must be disinfected before others can use it



Keep hand hygiene products in your room



Keep a pedal bin in your room

Waste products must be thrown into a plastic bag placed inside the bin.
Tie the bag well before throwing it away

Carers are to be considered close contacts and must remain in home quarantine for 14 days

Carer



Carers **must not present risk factors for complications**, and must **monitor themselves for symptoms**



Use gloves for any contact with secretions



Use a mask when in a shared space



Wash your hands after any contact, even if you have been wearing gloves

Prevent contagion



Cover your mouth with a paper tissue when you sneeze or cough



Throw tissues in the bin



Wash your hands with soap and water



Do not share personal items such as towels, glasses, plates, cutlery or your toothbrush



Wear a mask if you go out into common areas or if someone enters the room, keep your distance and wash your hands when you go out



Communicate by telephone to avoid leaving the room

Hygiene



Use a dishwasher or wash dishes with hot water



Do not shake out clothes, put them in a **hermetically sealed bag**. **Always wash your hands** after touching clothes



Wash clothes at 60-90 degrees Celsius and dry it well



Clean any surfaces you touch frequently, as well as the bathroom and toilet **on a daily basis** with disposable cloths and bleach (1 part bleach [5% sodium hypochlorite] to 50 parts water). **Wash your hands when you have finished.**



BAG 1 in the room, to be tied and placed in **BAG 2** in which the carer's gloves and mask should also be placed. This should then be placed in **BAG 3** to be placed into the street bin (without separating anything for recycling)

If you notice any worsening of your condition tell your healthcare professional of reference or call 112.

If someone you live with or a carer presents symptoms do not go to a health centre - call the hotline for your region.

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- Based on the Infographic of recommendations for patients under investigation and for confirmed mild cases in home isolation. Department of Health of Asturias.
- Home management of cases under investigation, probable cases and confirmed cases of Covid-19. Ministry of Health.
- COVID-19: self-isolation for patients undergoing testing. Public Health England.