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**

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**

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

**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** (outside the room) 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.

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