

## INSTRUCTIONS FOR PERSONS EXPOSED TO SARS-COV-2 INFECTION

Within the period of **7 days from the exposure to the SARS-CoV-2 infected person**, please follow the guidelines for preventing the spread of SARS-CoV-2 infection:

- **Limit contacts** with other people.  
Do not socialize with people and limit all unnecessary contacts. Especially avoid contacts with older people and those with chronic diseases (patients with cardiovascular diseases, impaired lung or kidney functioning, persons with diabetes, cancer or weakened immune system) in order not to expose them to infection. For them, SARS-CoV-2 infection is dangerous and can have an unfavourable outcome.
- **Work from home** if possible.  
It is recommended that employees work from home in agreement with the employer (if the nature of their work allows this) or discuss on whether their work can be organized in such a way that will prevent the transmission of infection to other employees during work and during arrival to and leaving from work.
- **Monitor your health status** closely.  
If you start to feel unwell, become hoarse or your nose is running, if your throat is soar, if you develop a headache, a high temperature, muscle and joint pain, or if you lose your sense of smell and taste, it is most likely that you have been infected with SARS-CoV-2. **Stay at home and call your personal or emergency physician** for further instructions.  
If possible, perform a self-test or a rapid antigen test as soon as the symptoms appear. Inform your personal or emergency physician about the positive test result for SARS-CoV-2 infection. Please note that a negative test result does not mean that you have not been infected. Despite a possible negative test result, we advise you to limit contacts with others as much as possible during the duration of symptoms.
- Use the **mask** in accordance with the *recommendations*.
- Maintain interpersonal **distance** of at least 2 metres.
- **Wash your hands** regularly with soap and water. When water and soap are unavailable, use a dedicated **hand sanitizer** to disinfect your hands. Hand sanitizers are for external use only. Surface cleaners/disinfectants are not suitable for cleaning/disinfecting the skin.  
Do not touch **eyes, nose and mouth** with unclean hands.
- Provide regular **ventilation of enclosed spaces**.

**If you share a household with a person with confirmed SARS-CoV-2 infection**, we recommend that you **perform a rapid antigen test / self-test for SARS-CoV-2 infection** regularly within the period of seven days from the last close contact with an infected person. In case of a positive test stay at home and contact your personal or emergency physician for further instructions.

We advise you to install #OstaniZdrav application on your mobile phone.

