

INSTRUCTIONS FOR COVID-19 PATIENTS WHO DO NOT NEED HOSPITAL CARE

Your medical condition does not require hospital treatment at the discretion of your doctor. In most COVID-19 patients, the course of the disease is mild and without complications.

You must remain in isolation at your home for at least 14 days after the onset of the first signs of illness. If you had a fever at the time of the illness, the isolation is expected to end 14 days after the end of the fever. Control swabs or control tests are not required.

In the case of exacerbation of the disease (for example, exacerbation of cough with purulent sputum or difficulty breathing), consult your physician **by phone**. If your physician is not available, call the nearest emergency department or emergency medical service on 112, where you will receive further instructions. Tell them you are COVID-19 patient.

In order to prevent the spread of the new coronavirus during isolation at home, please **follow the instructions below**:

- Stay at your home. Avoid contact with other people.
- Spend most of your time in a different room than other family members, if possible. Limit contact with family members (maintain a distance of at least 1.5 meters between you and other family members).
- Regularly air the rooms you are staying in for five to ten minutes several times a day.
- Practise proper cough and sneeze hygiene (before coughing/sneezing, cover your mouth and nose with a paper towel or cough/sneeze into the upper part of the sleeve). Discard the tissue after each use and then wash your hands.
- Wash your hands often with soap and water, and disinfect them if necessary (also after using the toilets).
- Use your own cutlery/hygiene items, laundry and towels.
- Eat meals separately from the other family members. Wash your hands thoroughly before preparing the food. Do not prepare food for other family members.
- Clean surfaces visibly contaminated with respiratory secretions. Also, regularly clean other surfaces that you frequently touch (hooks, counters, bedside tables, telephones, keyboards, toilets...). Use cleansers that you have at home and usually use.
- Wash your bedclothes and another laundry separately from another laundry with regular washing powder at 90°C OR at lower temperatures with the addition of laundry disinfectant (e.g. sodium hypochlorite bleach or another textile medium with a similar effect).

Even after the cessation of isolation, continue to practise proper cough and sneeze hygiene and continue to wash your hands frequently.

More instructions regarding COVID-19 are available on the website of the National Institute of Public Health [at the following link](#).