

INSTRUCTIONS FOR HOME QUARANTINE

Home quarantine is a measure by which a healthy person, after high risk contact with a person who has been confirmed to be infected with the SARS-CoV-2 virus, or after arrival from foreign countries limits his/her contacts with other people (self-isolation at permanent or temporary or other address). It lasts 10 days from the last high-risk close contact or from the arrival to Slovenia (if you were referred to quarantine upon entering Slovenia). The purpose of home quarantine is to prevent the spread of SARS-CoV-2 virus or covid-19 illness.

Follow the instructions below during your quarantine stay:

STAY AT HOME

- Do not leave home (do not leave your home, do not go to work, shops or other institutions, do not use public transport or taxis).
- Avoid contacts with others and do not have visitors at your home.
- During quarantine, distract yourself with pleasant activities. Despite isolation, stay connected to other people, especially if you live alone. Rely on friends, family, or others. Try to stay in touch with them by phone, mail or online.

MONITOR YOUR HEALTH STATUS

- In the period of 14 days from the last high-risk close contact with a person with covid-19 or 14 days from the arrival to Slovenia, monitor your health status.
- If you develop signs or symptoms of covid-19 (such as malaise, cold, cough, fever, shortness of breath, headache, muscular pain, loss of taste or smell, sore throat, etc.) within this period, stay at home and contact your personal or emergency physician for further instructions. Tell the physician that you are, or you were in home quarantine. He/she will assess whether a referral to health centre entry point is required to take a swab.
- In case you must travel to a medical facility on your own, do not use a public transport, car sharing or taxis.

PROVISION OF BASIC NECESSITIES

- Ask your relatives, neighbours or friends to provide you with basic groceries and hygiene supplies and deliver them to your home. In time of delivery, they should not enter your home, but leave the supplies at the front door and inform you about it on the intercom or telephone. You can contact the local community (for example Red Cross branch, volunteers, etc.) to provide you with necessities.
- We recommend using alternative shopping methods such as online shopping and secure delivery, with the delivery person not entering your home and delivering the package to you at your front door.

HAND HYGIENE

- Wash your hands frequently with water and soap. In case water and soap are unavailable, use a dedicated hand sanitizer to disinfect your hands.
- Do not touch your face with unclean/unwashed hands.

DO NOT SHARE YOUR PERSONAL AND HYGIENE PRODUCTS WITH OTHERS

- Use your own cutlery, hygiene products, laundry and towels and do not share them with others.
- After each use, clean your personal and hygiene products and store them separate from others.

CARE FOR YOUR WELL BEING

- Despite isolation, stay connected to other people, especially if you live alone. Contacts with loved ones can be an important source of encouragement and well-being. Rely on friends, family, or others. Try to stay in touch with them by phone, mail or online and let it become your daily routine. Let them know you want to stay connected and let this become your daily routine. It may benefit you to share with them how you feel.
- Disease, social isolation, unpredictability, and changes in routine can all contribute to increased stress. Experiencing anxiety and other unpleasant feelings is completely normal in such situations. Understandably, being in quarantine can be tedious or frustrating. You may feel unwell, have trouble sleeping, miss company. The following activities may be helpful:
 - o Find online ideas for exercises that you can do at home that are right for your health status.
 - o Do things you enjoy such as reading, cooking, listening to the radio, watching TV, creating, etc.
 - o Try to eat healthy and balanced, drink enough water, avoid smoking, alcohol and drugs.
- Constant checking for news may make you even more concerned. So, try to limit the time you spend monitoring media coverage of the epidemic. Check the news only at certain times or several times a day.
- Try to focus on things you can control, e.g. your behaviour, who you talk to, from whom you get information.
- Materials for psychological support collected on the NIJZ website and the website www.skupajzazdravje.si can also help you.
- If you are in distress and would like to talk to someone, call the 24-hour toll free number 080 51 00. You will get in contact with qualified counsellors.

WHEN DOES THE HOME QUARANTINE END?

- Quarantine lasts **10 days from the last high-risk close contact with a person with covid-19 or 10 days from arrival to Slovenia (for persons who were sent to quarantine upon entry into Slovenia).**
- Continue **to monitor your health status** until 14 days have passed since the last high-risk close contact with a person with covid-19 or 14 days since arriving to Slovenia. During this period, avoid all unnecessary close contacts with other people. This applies specially to contacts with older people, those with chronic diseases and those who have a weakened immune system (people with cardiovascular diseases, respiratory diseases, impaired kidney function, cancer treatment, etc.). They are at higher risk of a more severe course of the disease.
- After the cessation of quarantine, continue to follow cough hygiene and continue to wash your hands frequently.
- Post-quarantine testing is not required.
- Monitor the situation in Slovenia and follow the measures and instructions of experts (competent institutions).