

INSTRUCTIONS FOR PERSONS EXPOSED TO SARS-COV-2 INFECTION

If you have been in contact with a person with confirmed COVID-19 (2 days before the onset of symptoms (or 2 days before a positive SARS-CoV-2 infection test if the person is asymptomatic) until the end of isolation), follow the instructions below:

1. If you have been in **high-risk close contact***, follow the instructions for high-risk close contacts.
2. If you have been in **a contact that is not defined as high risk**, follow the instructions for contacts that are not defined as high risk. In this case, you do not need to go to quarantine.

*** The definition of a high-risk close contact:**

- persons, living in joint household with a COVID-19 patient;
- direct contact at less than 2 metres for more than 15 minutes;
- other physical contacts or contacts with secretions (handshaking, hugging, use of common objects);
- staying indoors for more than 15 minutes (joint household, office, waiting room in a medical institution, joint lunch, socializing at the same desk/table, etc.);
- travelling in the same vehicle at less than 2 metres.

1. INSTRUCTIONS FOR HIGH-RISK CLOSE CONTACTS:

Follow the instructions for persons in home quarantine, which are published on the NIJZ website: www.nijz.si/izolacija. Please fill in the Statement on acquaintance with referral to quarantine at home via the website: www.nijz.si/karantena.

For persons who have been vaccinated against COVID-19 with a booster dose of Comirnaty (Pfizer/BioNTech) or Spikevax (Moderna) quarantine is not required. Additional information on quarantine exemptions is available at: www.nijz.si/izolacija.

Those who qualify for quarantine exemptions should nevertheless follow the instructions for contacts that are not defined as high risk. In addition, we recommend that they **take a rapid antigen test / self-test** as soon as they receive the information that they have had a high-risk contact and again 2 days later. In case of a positive rapid antigen test / self-test result, they should contact the selected personal physician.

2. INSTRUCTIONS FOR CONTACTS THAT ARE NOT DEFINED AS HIGH RISK:

Within the period of 14 days from the exposure to the SARS-CoV-2 virus infection, avoid all unnecessary 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, diabetes, impaired kidney function, cancer treatment, etc.). They are at higher risk of a more severe course of the disease.

In the 14-day period monitor your health status closely. 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.

Follow guidelines for preventing the spread of SARS-CoV-2 infection:

- Avoid all unnecessary **contacts with people**.
- Keep at least 2-meter distance from other people.
- Do not touch **eyes, nose and mouth**.
- **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.
- Use the **mask** in accordance with current regulations.

- Provide **regular ventilation of enclosed spaces**.
- Employees should **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 the possible infection cannot be transmitted to other employees during work and during arrival to and leaving from work.

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



For information on psychological support during the COVID-19 epidemic, call the **automatic messaging device at 080 51 00**.