

INSTRUCTIONS FOR PERSONS EXPOSED TO INFECTION WITH THE NEW CORONAVIRUS

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, 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 **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.
- We recommend the use of mask in accordance with the Recommendations for the Use of masks during the spread of SARS-CoV-2 infections, which are available at: <https://www.nijz.si/sl/priporocila-za-uporabo-mask-v-casu-sirjenja-okuzbe-s-sars-cov-2>.
- 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.

If you have been in high-risk close contact* with a person with confirmed covid-19 infection, we recommend you to follow the instructions for persons in home quarantine, which are available on NIJZ website: <https://www.nijz.si/sl/priporocila-za-ravnanje-v-karanteni-na-stalnemzacasnem-naslovu>. In this case, talk to your employer about the possibility of working from home or about the possibility of home quarantine. Instructions for obtaining a certificate for home quarantine (in Slovenian language) are available on: <https://www.nijz.si/sl/nova-ureditev-karanten-na-domu>.

* 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.

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



If you are in distress and would like to talk to someone, call the 24-hour toll free number 080 51 00 for psychological support in the COVID-19 pandemic. You will get in contact with qualified counsellors.