Recommendations in case a person with confirmed COVID-19 infection is treated in domestic isolation

Isolate the patient.
A designated room for the patient is desirable. It must be a well ventilated single room (i.e. with a window, which can be opened, and door). Family members are recommended to stay in other rooms. If this is not possible, a distance of at least 2 m from the sick person shall be observed. Do not sleep in one bed with the sick person.

The room should be equipped with hygiene items relevant for the patient, such as hand disinfectant, facial masks, towel, disposable wipes, wet wipes, waste bin (for used wipes and other waste). The patient should be provided with individual dishes, utensils (cups, plates, spoons, etc.) and bed linen. It is recommended that the patient's dishes are thoroughly washed and treated with hot water – +70°C. If available, it is better to wash them in the dishwasher in hot-water cycle.

Limit the patient's activities at home and access to shared areas (toilet, bathroom, kitchen). Where possible, designate for the patient a separate bathroom and arrange catering in a separate room. If this is not possible, shared areas shall be frequently ventilated and cleaned.

To reduce the spread of respiratory droplets, the **patient** shall use a disposable medical mask. If the mask is not applied, mouth and nose should be carefully covered when coughing or sneezing with a disposable wipe. It must be disposed of immediately and hands shall be washed or disinfected.

Limit the number of carers. It is recommended that only one relative is involved in the sick person's care. It is preferred that the caregiver is of good health and has no chronic diseases.

Prevent visits by other people. It is very important to prevent contacts with people over the age of 60.

Wash or disinfect hands thoroughly after any contact with the patient or objects around the patient (e.g., bed, dishes, clothes). **Wash hands** also before and after cooking, before meals, after going to the toilet and whenever the hands are dirty. If your hands are visually clean, a hand-disinfectant containing ethanol may be used. If dirt is visible on the hands, wash them with soap and water. **Do not touch the face area (mouth, eyes or nose) with unwashed hands.**

A surgical mask shall be used and carefully put on by the caregiver. The mask should be fitting on the face during use and should not be touched. If the mask gets moist or dirty, it should be replaced and the previous mask shall be disposed. The mask is removed direction back to front without touching the front of the mask. After removing the mask, it is disposed and hands are subject to hygiene measures. Video tutorials and information on donning and doffing of masks can be found here: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks.

Contact with the patient's body fluids should be avoided during treatment, especially respiratory secretions (e. g., sputum) and faeces (stool). If this is not possible, **disposable gloves**

and a mask should be used, for example, to wipe the patient's nose, when cleaning urine, sputum, faeces or other waste. After the gloves have been removed, hands shall be subject to hygiene measures (washing or disinfection).

Disposable gloves or masks must not be reused! They are disposed as patient's waste.

The premises in which the patient is staying shall be subject to regular wet cleaning and disinfection. Household detergents are used for cleaning, and the room is subsequently disinfected. Products with combined effect (cleaning and disinfection) may be used. Special attention shall be paid to objects and surfaces, which the infected patient has touched (handles, table surfaces, bed edges). Small surfaces may be cleaned with 70% concentration ethanol. Shared premises (e.g., toilet, bathroom) should also be cleaned and disinfected at least once a day.

The patient's dirty linen and bed linen shall be carefully collected without shaking or pressing it close to the other person's clothing. Wash in the washing machine with a washing detergent at temperatures of 60 to 90ºC (preferably 90ºC or the maximum temperature permitted by the type of fabric). Dry thoroughly. The clothes shall be washed separately from the laundry of other family members.

When cleaning rooms, a mask, gloves and a disposable gown shall be used to collect dirty linen, waste.

The rooms shall be often ventilated.

> **The treatment of the patient should be consulted by a family doctor by telephone, but if the patient's health condition suddenly deteriorates, call 113 immediately.**

The recommendations were developed based on:

1. World Health Organisation recommendations: WHO "Home care for patients with suspected novel coronavirus (COVID-19) infection presenting with mild symptoms, and management of their contacts Interim guidance" 04 February 2020. https://www.who.int/publications-detail/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts.
2. Recommendations by the European Centre for Disease Prevention and Control: European Centre for Disease Prevention and Control. . Guidelines for the use of non-pharmaceutical measures to delay and mitigate the impact of 2019-nCoV. ECDC: Stockholm; 2020. https://www.ecdc.europa.eu/sites/default/files/documents/novel-coronavirus-guidelines-non-pharmaceutical-measures_0.pdf
3. Recommendations by the European Centre for Disease Prevention and Control: European Centre for Disease Prevention and Control. Interim guidance for environmental cleaning in nonhealthcare facilities exposed to SARS-CoV-2. ECDC: Stockholm; 2020.

4. Public health England "Advice for home isolation" Updated 28 February 2020. https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/advice-sheet-home-isolation