

RECOMMENDATIONS FOR PERSONEL IN DOMESTIC (SELF) ISOLATION

Isolation at home, self-isolation or domestic isolation means remaining at home or in a designated setting, in a single, dedicated, adequately ventilated room and preferably using a dedicated toilet. This measure can be recommended for prevention or for people while showing symptoms.

PREPARE: How can you prepare yourself:

- Educate yourself on COVID-19 from trusted sources.
- Keep physically active to ensure good physical condition.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever.
- If taking any prescription medicines, refill them, or consider using a mail-order for your medications.
- Have enough groceries and household items for approximately 2 weeks. Prepare gradually and avoid panic buying.
- Activate your social network. Contact family, friends, neighbours or community health care workers in advance and make joint plans on what to do if you become ill.
- Practice social distancing
- Follow the instructions from Italian authorities as well as given by JFCNP.
- Continue to practice general hygiene.

IN DOMESTIC ISOLATION – recommended measures if you or anyone in your household are sick or have symptoms related to Covid-19:

- Do not allow visitors.
- Only household members who are caring for the person suspected or confirmed of having COVID-19 should stay at home.
- Separate yourself from other people in the household.
- Use facemasks, if you have one, when in the same room with other people, to protect them.
- Stay in a well-ventilated room with a window that can be opened.
- Clean and disinfect your home, particularly frequently touched surfaces and toilettes.
- If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use.
- Use separate towels, eating utensils, drinking glasses, bedding or any other household item commonly shared in the family setting.
- Activate your support system: ask friends, neighbours or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.
- Avoid direct contact when interacting with them, for example, by arranging groceries to be dropped at the door.
- Wash hands directly before and after any interaction with others.
- Follow the advice of your healthcare provider and call them if your condition worsens.
- Keep in touch with family and friends via telephone, email or social media.
- Keep physically active to ensure good physical and mental condition.