

# SARS-COV-2-INFORMATION

## Infected



Dear Patient,

the result of your test is positive and the virus causing COVID-19 has been found in the sample taken from your nose or throat. The local authorities responsible for your district have decided that home quarantine is necessary. The exact length of your quarantine will be set by the district authorities responsible.

The virus is very easily spread and COVID-19 can be very serious. This means that it is very important that you follow these instructions exactly- you are protecting yourself and others by doing this.

- **Do not leave your home or apartment. Do not have visitors. Contact with people outside your home is only permitted if medically necessary.**
- If you live with other people, stay in separate rooms which are well ventilated. As far as possible, keep apart from other members of the household. Meals should be taken separately, at different times. Use a different bathroom and toilet where possible. You must not prepare food for other family members.
- Ask members of your family, friends or neighbours to do your shopping for you (for food, medication and articles of daily hygiene). They should leave these in front of your door.
- Avoid direct contact with other people. If direct contact is absolutely necessary, protect yourselves by wearing FFP2 masks and keeping a distance of 2 metres between you when speaking. Disinfect your hands first. Make a note of any unavoidable social contact.
- Disinfect your hands frequently using a disinfectant recommended by your chemist or by washing them with soap for at least 20 seconds. Use separate towels or paper towels.
- Keep the sneeze and cough etiquette (when you cough or sneeze, cover your nose and mouth with a paper tissue, dispose of this immediately in a separate, closed rubbish bin and wash your hands afterwards).
- If it is suspected that you have a mutation, the members of your household must keep the protective measures strictly and also wear a protective FFP2 mask outside of your home.
- Should a further test be necessary, you will be informed by the relevant local authority.

### Your health

- Take your temperature twice a day.
- Keep a diary and note your temperature and any breathing difficulties..
- **Phone your family doctor regularly** and keep him/her informed about your condition.
- **If your condition gets worse, contact your doctor immediately as well as the health advice 1450 or the ambulance service 144.** Tell them that you are in home quarantine because of your COVID-19 infection. Do not go to a doctor's surgery or hospital on your own initiative.
- If you need to be taken to hospital the relevant health authority must be informed

### Cleaning, laundry and rubbish disposal

- Clean your toilet, armatures and all handles several times a day using a normal cleaning fluid containing chlorine.
- Wash the laundry in a washing machine using washing powder and the 60° washing programme.
- Collect household and hygiene rubbish in suitably large refuse bags, tie the opening and pack these in a further refuse bag, which also should be tied. Then dispose of these in the household refuse bin.

## General Information about COVID-19

### How is the virus spread?

The virus is spread from one infected person to another through droplets produced when coughing or sneezing, for example. Direct personal contact (longer than 15 minutes with a distance of under 2 metres) is the most important method of infection at present.

However, many people have only mild symptoms, especially in the first stages of the illness. This means it is possible to catch the infection from someone who does not feel ill and only has a slight cough, but who is nevertheless infected.

### How long is the incubation time and how long are you infectious?

The incubation time (the time between infection and the beginning of the symptoms) can be up to 14 days, but is usually between 5 and 6 days. You are infectious 48 hours before the symptoms begin, and up to 10 days afterwards. In asymptomatic cases this can be 48 hours before and up to 10 days after the taking of a sample which tests positive. If the case is serious, the symptoms continue, or if you have a mutation, the period that you are infectious can occasionally last longer.

### What are the symptoms if you are ill?

People generally have a mild infection which is similar to a common cold. Common signs of an infection are, among others, fever, cough, shortness of breath and difficulty in breathing, a cold, or the sudden loss of taste and smell. Diarrhoea and vomiting can also occur. In serious cases the infection can cause pneumonia and even death.

### How is the illness treated?

Most cases are mild and do not need treatment. More serious infections are treated symptomatically, that means the symptoms of the illness are treated, for example by giving fever-reducing medication to reduce the high temperature. Vaccination has been possible since December 2020.

### How can I get further information?

[www.sozialministerium.at](http://www.sozialministerium.at) or [www.ages.at](http://www.ages.at)

Corona Virus Hotline 0800555621 or from your local district authorities

### How can I get help?

- From your local authorities
- Krisenhilfe OÖ, Tel.: 0732 2177, Mon - Sun 0-24, [www.krisenhilfeooe.at](http://www.krisenhilfeooe.at)
- Rat auf Draht: 147
- Telefon Seelsorge: 142