

SARS-COV-2-INFORMATION

Self-monitored home quarantine



You have visited a high risk area. It is possible that you have had contact with the new corona virus. To protect yourself and others you should stay in home quarantine and monitor yourself.

- **After your entry from the high risk area, do not leave your home or flat for the duration of the quarantine.**
- Contact to external persons is only allowed when medically necessary.
- **Check your temperature twice a day and observe any signs of illness for the next few days (particularly coughs, shortness of breath, fever, colds or a sudden loss of the sense of smell or taste)**
- **Make notes of your social contacts, your temperature and any symptoms that may appear. Write these in a diary.**
- If you live with other people, stay in separate rooms which are well ventilated. As far as possible, the person in quarantine should keep apart from other members of the household. Meals should be taken separately. Use different bathrooms when possible.
- If you have direct contact with other people, protect yourselves by wearing FFP2 masks and keeping a distance of 2 metres between you when talking.
- Disinfect your hands frequently using a disinfectant recommended by your chemist or by washing them with soap for 20 seconds. Use separate towels or paper towels.
- Clean your toilet, armatures (water taps) and all handles several times a day using a normal cleaning fluid containing chlorine.
- 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).
- **Call the health advice hotline (1450) or the ambulance service (144) if you begin to feel ill, develop symptoms of a respiratory infection or need medical help for other reasons. When you do this, it is essential to say that you have been in a high risk area.**
- If you develop the above symptoms, please also inform the relevant local health authorities (on workdays during the opening times, at weekends on the next working day).
- You may only leave your apartment or home (where you are in quarantine) for a PCR test or an antigen test for SARS-COV-2.

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 or 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.krisenhilfeoee.at
- Rat auf Draht: 147
- Telefon Seelsorge: 142