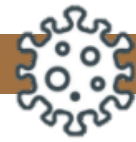
















SARS-COV-2-INFORMATION SHEET



INFECTION

You have tested positive for the virus causing COVID-19. The district authorities responsible have decided that home quarantine is necessary. The exact length of your quarantine will be set by these authorities.

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

<p>! Do not leave your house or apartment!</p> 	<p>! Do not have visitors. Contact with people outside your home is only permitted if medically necessary.</p> 
<p>! Avoid direct contact with other people. If direct contact is absolutely necessary, protect yourselves by wearing FFP2 masks and keeping a distance of at least 2 metres between you when speaking. Disinfect your hands first. Make a note of any unavoidable social contact.</p> 	<p>! Disinfect your hands frequently using a disinfectant recommended by your chemist or by washing them with soap for 20 seconds. Use separate towels or disposable towels.</p> 
<p>! 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.</p> 	<p>! 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).</p> 
<p>! Take your temperature twice a day. Keep a diary (included) and note your temperature and any breathing difficulties.</p> 	<p>Clean your toilet, armatures and all handles and surfaces several times a day using a normal cleaning fluid</p> 
<p>! 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.</p> 	<p>! If your condition gets worse, call your doctor immediately. If you cannot reach him/her call the health advice hotline (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.</p> 
<p>! Phone your family doctor regularly and keep him/her informed about your condition. If you need an ambulance to go to hospital you must inform the health authorities responsible.</p> 	<p>Should you need a further test, you will be informed in good time by your district authority (Bezirkshauptmannschaft/Magistrat). They will inform you about the current possibility of ending of any quarantine restrictions.</p> 



Instructions for cleaning, laundry and rubbish disposal

- Clean your toilet, armatures and all handles several times a day using a normal cleaning fluid.
- Wash the laundry in a washing machine using the 60° washing programme and washing powder.
- 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.
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How is the virus spread?

The virus is spread from one infected person to another through droplets produced when breathing, speaking, singing, coughing or sneezing. Direct personal contact (longer than 15 minutes at a distance of less than 2 metres) is the main method of infection at present. Many people have only mild symptoms, however, especially in the early stages of the illness. This means then that it is **possible to catch the infection from someone who does not feel ill and who only has a slight cough, for example.**

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 5-6 days. You are infectious 48 hours before the illness begins to 10 days afterwards. In asymptomatic **cases this can be 48 hours before up to 10 days after after a sample testing positive has been taken.** If the symptoms are severe, or continue, or if a mutation is presenting, it may be that you are infectious for 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 include **fever, cough, shortness of breath and difficulty 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, which means that the symptoms are treated, e.g. by giving medication to reduce the fever. **Vaccination** has been possible since December 2020.



Where can I get further information?

- www.sozialministerium.at or www.ages.at
- Corona Virus Hotline 0800 555 621
- From your local district authorities



Where can I get help?

From your local district authorities

- Rat auf Draht: 147
- Telefon Seelsorge: 142
- Krisenhilfe OÖ Tel.: 0732 2177 – Mon -Son 0-24 Uhr; www.krisenhilfeooe.at