

# SARS-COV-2-INFORMATION SHEET

## Self-isolation at home

You have been to a **high-risk** area. It is possible that you have had contact with the new Corona virus. For **your own safety and the safety of others**, you must stay in **quarantine at home**, and **follow the instructions below carefully**:

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| <p><b>! Do not leave your home or apartment</b> for the time of quarantine required by the relevant local authorities (Bezirkshauptmannschaft/ Magistrat)!</p>   | <p><b>! If you have direct contact with other people, protect yourselves by wearing FFP2 masks and keeping a distance of 2 metres</b> between you when talking.</p>    |
| <p><b>! Contact to external persons is only allowed when medically necessary.</b></p>    | <p><b>! Disinfect your hands frequently</b> using a disinfectant recommended by your chemist or by <b>washing them with soap for 20 seconds</b>. Use separate towels or paper towels.</p>    |
| <p><b>! Check your temperature twice a day</b> and observe <b>any signs of illness</b> for the next few days (<i>particularly coughs, shortness of breath, fever, colds or a sudden loss of the sense of smell or taste</i>).</p>   | <p><b>! 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).</b></p>   |
| <p><b>! Make notes of your social contacts, your temperature and any symptoms that may appear. Write these in a diary until 10 days after your last contact with the infection. (list included)</b></p>    | <p><b>! Clean your toilet, armatures and all handles and surfaces several times a day</b> using a normal cleaning fluid.</p>   |
| <p><b>! If you live with other people, stay in separate rooms which are well ventilated.</b> As far as possible, the person in quarantine should keep apart from other members of the household. (e.g. meals should be taken separately and at different times, Use different bathrooms when possible).</p>  | <p><b>! 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 recently had close contact to a person with SARS-COV-2. Do not go to a doctor's surgery or hospital on your own initiative.</b></p> |
| <p><b>! 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).</b></p>  | <p><b>! You may only leave your house or apartment (place of quarantine) for as long as is necessary to have a PCR test or antigen test for SARS-CoV-2.</b></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.



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

