

## **RECOMMENDATIONS ON THE PERIOD OF SELF-ISOLATION FOR THE PERSONS WHO HAVE HAD A RISK OF GETTING INFECTED WITH THE NEW CORONAVIRUS (COVID-19)**

**You have been identified as a person, who has had a risk of getting infected with the new coronavirus (COVID-19). In order to prevent the spread of the infection, you shall isolate yourself at home after the last day of contact or the day of return from Country (<http://nvsc.lrv.lt/korona-eng>) for 14 days and be available by phone or e-mail during all period of self-isolation. Please read this information carefully.**

### **Justification**

The aim of self-isolation:

- To identify persons, who experienced the symptoms of the new coronavirus (COVID-19) during the self-isolation period as soon as possible, to isolate and cure them;
- To prevent the spread of the infection and the occurrence of secondary cases of infection;

### **Does this mean that I also have COVID-19?**

Not necessarily, but we cannot rule this out. Every infectious disease has its specific incubation period, id est the time span from the moment of the disease agent getting into the organism to the development of the symptoms. According to the current data, the incubation period of COVID-19 infection can be till 14 days. Therefore, in order to provide a qualified medical aid on time and apply appropriate means of infection control, the observation of persons, who had a risk of being infected is recommended.

### **What does it mean to isolate yourself? You must:**

- ✓ not leave the location of self-isolation for 14 days from the last day of the risk to get infected (contact with suspected/confirmed case of covid-19 or after the arrival from china);
- ✓ not attend public places, e.g. school, work, university, places of mass gatherings, etc.;
- ✓ not accept guests during all period of self-isolation;
- ✓ measure body temperature every day, observe health condition and inform the health professional who will call you on your health changes (if cough, sneezing, difficulty breathing occur);
- ✓ if it is possible, food and other necessities can be provided by family members or friends, who are not subject to self-isolation means. If there is no such a possibility, it is recommended to order food to your home.

### **Must I wear a medical mask while staying at home?**

There is no need to wear a mask at home, if you do not experience any symptoms of the disease. Wear the medical mask only in case you feel the symptoms of respiratory infection, e.g. cough, sneezing, and you have to go by ambulance to the hospital.

### **How can a person get a coronavirus infection?**

Coronaviruses are a large group of viruses, that can cause different respiratory infections. Most frequently coronaviruses cause easy and asymptomatic infections, but they also can cause severe respiratory infections, such as Severe Acute Respiratory Syndrome (SARS) or Middle East Respiratory Syndrome (MERS) coronavirus infections.

Certain coronaviruses are transferred from person to person, most frequently during a close contact with the person who has a coronavirus infection, e.g. , in the environment at home or work, in medical institution. It is known, that COVID-19 can be transferred from person to person. It seems that the virus is transferred through the droplets from a respiratory tract, when a person coughs or sneezes. There are suspicions that some persons can secrete COVID-19 without any symptoms of the disease or just before the symptoms develop.

### **What are the symptoms of getting ill with this infection?**

Clinical indications of COVID-19 infection:

*fever*

*cough*

*difficulty breathing*

If at least one of these indications was felt during 14 days, call the Public Safety Answering Point Phone 112, provide the circumstances of the illness (it is necessary to point out, that you visited China within the period of 14 days) and carry out the recommendations of medical employees

### **How to behave after the 14-day period has expired?**

If within the period of 14 days from the day of the last contact the symptoms of the disease do not develop, you are not regarded as a person with the risk of the disease and you can return to your usual regime of life.

I, \_\_\_\_\_,  
(insert name and surname)

confirm, that I have read and understood the provided recommendation, I have had an opportunity to ask questions, received appropriate answers to all questions asked and according to the given recommendation I \_\_\_\_\_ (insert **agree / disagree**) to isolate myself and meet the requirements provided in the recommendation.

\_\_\_\_\_, \_\_\_\_\_  
(name, surname, signature) (date)