

Social behaviours

1



The person with a suspected or known COVID-19 infection should stay away from other family members, if it's possible, in a well-ventilated single room and must not receive any visits from anyone.

2



After each contact with the sick person or with his / her surroundings, before and after preparing food, before eating, after using the bathroom and whenever the hands they look dirty, wash your hands carefully with soap and water or with a hydroalcoholic solution.

3



Dry your hands using disposable paper towels. If this is not possible, use personal towels and replace them when they are wet.

4



If you are not using disposable tissues, wash the textile tissue using soap or ordinary laundry detergent with water.

5



Avoid direct contact with body fluids, especially oral or respiratory secretions, feces and urine, using disposable gloves.

6



If a family member shows the first symptoms of an acute respiratory infection (fever, cough, sore throat and respiratory distress), contact your doctor, the doctor on call or the medical assistance regional numbers.

Home care

1



Who cares for the sick person must be in good health and not have diseases that may put him/her at risk, if infected.

2



Family members must live in other rooms or, if it is not possible, keep a distance of at least 1 meter from the sick person and sleep on a different bed.

3



The person who assists the patient must wear a surgical mask, carefully positioned on the face, when they are in the same room. If the mask is wet or dirty from secretions, you must replace it immediately and wash your hands after removing it.

4



Who cares for the patient must cover his mouth and nose when coughing or sneezing using disposable handkerchiefs or coughing and sneezing in the elbow groove, then he must wash his hands anyway.

5



Avoid sharing with the sick person toothbrushes, cigarettes, kitchen tools, towels, bed linen, etc.

6



Use the mask when changing the bed sheet of the sick person.

Cleaning

1



Use pedal-opening trash bins with double bags (one remains inside the container, the other is thrown away). The bin must be positioned inside the patient's room and it is used to throw gloves, handkerchiefs, masks and other waste.

2



In the case of home isolation, separate collection must be suspended in order to avoid the accumulation of potentially dangerous materials which must instead be thrown in the bin of the unsorted waste.

3



Put the contaminated laundry in a bag used for dirty laundry wearing gloves. Do not shake dirty laundry and avoid direct contact with skin and clothing.

4



Always wear gloves and protective clothing (e.g. a plastic apron) during daily cleaning and disinfection of surfaces such as bedside tables, nets and other furnitures in the patient's bedroom, toilets and bathroom surfaces with a normal household disinfectant, or with chlorine base (bleach) at a concentration of 0.5% of active chlorine or with 70% alcohol.

5



Wash the sick person's clothes, sheets, towels, etc. in the washing machine at 60-90 ° C, using a normal detergent, or hand wash with a normal detergent and water, and let them carefully dry.