

2019-nCoV Home isolation

If there is no need for admission, but there is an indication for diagnosis, a patient suspected of having contracted 2019-nCoV may be isolated at home, provided that the conditions described below are met. The physician in charge of infectious disease control doctor will determine whether the patient's home situation lends itself to this. The duration of the measures depends on the follow-up diagnostics.

- The patient stays in their home and does not leave it.
- Contact with housemates and others is kept to a minimum.
- People who are not part of the household where the patient is are not allowed, with the exception of the family doctor and the Municipal Health Services (GGD).
- Good hygiene and protection can be maintained.

Limiting contact with others

Try to keep contact with other members of the household to a minimum, this includes cuddling or kissing and sexual contact. The patient sleeps and stays in their own (bed)room in their own bed. Limit the presence of other people in the same room. The patient uses their own eating and drinking utensils and their own toothbrush. If possible, the patient uses a separate bathroom and toilet.

If the patient still needs to be in contact with others or in the same room, the patient wears a face mask and keeps a distance of more than 2 metres. The person entering the room should also wear a (FFP1) face mask.

Good hygiene and protection

The GGD emphasizes the importance of good hand and cough hygiene for patients (see Generic script, appendix 8) and explains this. This means that the patient should cough in their elbow, regularly wash their hands with plenty of water and soap and then use hand alcohol. Shared spaces should be ventilated regularly by opening the window. Bathrooms and other shared areas should be cleaned daily using disposable gloves.

Source: Ministry of VWS