

## Guidance

**SELF-ISOLATION**

The most important thing is that you stay at home and avoid close contact with other people. Close contact is face-to-face contact at less than 2 meters distance indoors and less than 1 meter distance outdoors for more than 15 minutes. Keep away from older people, anyone with long-term medical conditions and pregnant women.

Staying at home if suspected that you have coronavirus helps to protect your friends, colleagues and the wider community. It will also help to control the spread of the virus.

We realize that staying at home may be difficult or frustrating, but there are things that you can do to help make it easier, such as staying in touch with friends and family by phone or on social media.

**DO**

- Stay at home, in a room with windows that can be opened and keep it aired as much as possible.
- Keep away from others in your home as much as you can.
- Check your symptoms – fever, cough, shortness of breath – phone your doctor when they appear, do not visit him/her.
- Cover your coughs and sneezes using a tissue that you later discard into the trash can and clean and disinfect your hands properly.
- Wash your hands properly with soap and water often.
- Use your own towel – do not share a towel with others.
- Clean your room every day with a household cleaner and/or disinfectant.

**DON'T**

- Do not leave your home unless absolutely necessary.
- Do not go to work, school, religious services or public areas.
- Do not share your things (e.g. dishes, glasses, cups, bed linen etc.).
- Do not touch your face, eyes, nose, mouth.
- Do not shake hands with anyone.
- Do not use public transport or taxis.
- Do not invite visitors to your home.

Croatian citizens must contact their family physician by phone, and foreign citizens the designated epidemiologist, depending on their location in the country.

Only leave home if absolutely necessary, and cover your nose and mouth with a tissue while maintaining the necessary distance from other people. Friends, family or delivery drivers can drop off food or supplies to you. Make sure you are not in the same room when they are, or keep distance from them (at least 1 m) and cover your mouth and nose with a tissue.

Other members of the household must also exercise intensified personal and household hygiene and limit their movements and social contacts so that their work and other immediate obligations do not suffer.

**It is imperative to fully observe self-isolation! Adherence to self-isolation is subject to monitoring.**