



Instructions on managing individuals under home confinement and/or in quarantine

1. The person must remain in a dedicated and well-ventilated room, possibly with dedicated bathroom, and sleep alone. If only one bathroom is available, after using it clean with 0.5% active chlorine-based products or with 70% alcohol.
2. Exclude any air recirculation system.
3. Limit as much as possible the person's movements in the common spaces of the house. Ensure that the shared spaces (e.g. kitchen and bathroom) are well ventilated (by for instance leaving the windows open). In the presence of other persons, keep a distance of at least one metre and absolutely avoid any direct contact.
4. Avoid any possible sharing of objects. The person must use dedicated sheets, towels, serviettes and kitchen utensils. Wash them carefully with normal detergent before allowing other persons to use them.
5. The person is not allowed to move around or travel and must be within reach of monitoring activities.
6. The person is not allowed to receive visits until the end of the isolation period and/or quarantine if he or she is asymptomatic, and in any event until clinical recovery if symptomatic.
7. The person must wear a surgical mask as much as possible to contain respiratory secretions. If not tolerated, kindly abide by the respiratory hygiene rules (cover nose and mouth using handkerchiefs when sneezing or coughing, cough on your elbow; eliminate disposable handkerchiefs in a doubled waterproof bag thrown inside a dustbin closed with a pedal opening; wash the hands immediately).
8. Persons tasked with assisting the person should be in good health, unaffected by chronic diseases or immune-compromising diseases.
9. Individuals who assist the person must wear a disposable surgical mask (that should not be touched during use and should be changed if wet or damaged), to be eliminated in a doubled waterproof bag thrown inside a dustbin closed with a pedal opening, followed by hand washing. If possible, keep a distance of at least one metre from the person.
10. People living together and Individuals providing assistance must avoid any direct contact with the person. If the assistance entails contact with respiratory secretions, faeces or urine, it is necessary to use disposable gloves that should then be carefully eliminated in a doubled waterproof bag thrown inside a dustbin closed with a pedal opening, followed by hand washing.
11. Clean and disinfect at least once a day the surfaces of premises used by the person with detergents and subsequently with 0.5% active chlorine-based products or with 70% alcohol, lavishing special care on frequently touched surfaces. Wear a disposable gown (or a dedicated apron) and disposable gloves; in case of reusable thick rubber domestic gloves, they must be cleaned and disinfected after use.
12. Do not shake the person's linen, place it in a dedicated bag, separately from that of the rest of the family and wash it in the washing machine at 60° at least for thirty minutes, using an ordinary detergent. Make use of surgical mask and gloves during these procedures.
13. Any waste (gloves, masks, handkerchiefs, etc.) produced by the person in isolation or during the caregiving activity must be disposed of in a doubled plastic bag sealed and placed in a closed dustbin.
14. Though there is no proof at present to the effect that animals such as dogs or cats can be a source of infection for humans, purely as a precautionary measure you are recommended to limit contact with animals.
15. Wash the hands (with soap and water, for at least 40 seconds, or with hydro-alcoholic solution):
 - after contact with the person or his environment;
 - before and after preparing the meal, using the bathroom, blown the nose, and in any event in relation to potentially risky contacts;
 - before and after putting on/taking off PPE (masks, gloves, etc.).

The SISP, Hygiene and Public Health System (or alternatively, GPs/Primary Care Paediatricians depending on the organisation and based on the epidemiological evolution), contacts by phone, once a day, the person in isolation, who is also invited to measure and write down the body temperature twice daily, and contacts SISP/118 only by phone in the event of onset or worsening of fever or other symptoms.