

Quarantine Instructions

**If you have fever and cough
or
If you returned to campus from outside of Switzerland**

Self-isolation: what to do if you have a fever and cough or if you returned to campus from outside of Switzerland.

If you have symptoms of an acute respiratory infection with fever and cough, sore throat, loss of taste or smell or you returned to campus from outside of Switzerland, you may be infected with coronavirus (COVID-19). To avoid transmission of the virus, you must quarantine yourself at home, for a minimum of 10 days. If you develop COVID-19 symptoms, you must isolate as long as you are sick (until 48 hours after you no longer have symptoms).

These recommendations set forth by the Swiss Health Department tell you what precautions you and those around you should take.

You will find all the necessary information on the coronavirus on the website of the Federal Office of Public Health (FOPH): www.bag.admin.ch/nouveau-coronavirus.

Monitor your health

- If your state of health requires a doctor and especially if you are a particularly vulnerable person (lower immunity, over 65 with pre-existing health conditions) and are experiencing breathing difficulties, and fever: Contact Christina Schmid (Coordinator of Student Medical Services and Well-Being) medicalservices@fus.edu or contact your doctor by phone. Do not present at an Emergency Room or doctor's office without calling first.
- If a medical consultation is necessary as determined by a doctor and you have to leave the house, the medical professional will guide you on the rules of conduct.

What medications should I take to treat the symptoms of Covid-19?

- If you have symptoms: fever, cough, difficulty breathing, sore throat, loss of taste or smell, you must self isolate immediately. There is a COVID-19 check-up: check.foph-coronavirus.ch or the multilingual COVID-19 24/7 infoline for questions: +41 (0)58 463 00 00.
- Please notify Chris Schmid medicalservices@fus.edu or you can call the Franklin Emergency number: +41 (0) 79 211 4689.
- If you have severe breathing difficulty, please call an ambulance: **144**

At the moment there is no cure for the COVID-19 virus. Dr. Paltenghi a local certified medical doctor, has confirmed that we can only treat the symptoms.

If you have a fever, you can take Tylenol 1000 mg (1 gm) every 8 hours as recommended. If you have a cough, Solmucalm Cough syrup is recommended every 8 hours. If your symptoms persist after 48 hours, it is recommended to make an appointment with your doctor.

If you are in isolation and live alone

- Have family / friends / delivery service deliver food and other essentials, such as medication, to your closed door. Food and basic needs can be ordered through David Terrier the Director of food FUS services at: diningservices@fus.edu

If you have to isolate and live with other people

- You must isolate alone in a room, doors closed and have your meals in your room.
- Ventilate your room regularly by opening a window.
- Avoid all visits and contacts and only leave the room if necessary.
- Keep a distance of at least 2 meters from other people.
- Wash your hands regularly.
- Use your own bathroom. If this is not possible, organize with roommates bathroom times and clean the common toilets (shower, toilet, sink) after each use with an ordinary household disinfectant.
- Do not share dishes, glasses, cups, cooking utensils, towels, or bedding with other people. After using these items, wash them thoroughly with soap and hot water.
- All clothing, bedding and bath towels should be machine washed regularly.

Hand washing

- You and those around you should wash your hands regularly with soap and water for at least 20 seconds. In the absence of soap and water, clean your hands with a hand sanitizer, covering the entire surface of your hands and rubbing them together until they are dry. Soap and water should be used preferably if the hands are visibly dirty, after preparing food cooking with raw meat, before and after eating, after using the toilet.

Cover your mouth when you cough or sneeze

- Sneeze into the crook of your arm. Cover your mouth and nose with a tissue when you sneeze or when you cough and then wash hands with soap and water or use hand sanitizer.
- Tissues used to cover the mouth or nose should be discarded in a trash bin.

Take all necessary precautions

- Clean and disinfect affected surfaces such as bedside tables, bed frames and other bedroom furniture daily with ordinary household disinfectant.
- Clean and disinfect the surfaces of bathrooms and toilets after each use with an ordinary household disinfectant.

When can I stop self-isolation at home?

- 48 hours after resolution of symptoms (fever, cough, sore throat,) *note it may take more than 48 hours for taste and smell to return completely*
- Continue to follow the hygiene rules and good reflexes of the campaign "This is how we protect ": www.ofsp-coronavirus.ch.

What to do if I live with roommates (living under the same roof or in close relationships)?

- Inform the people you live with and those you have had close relationships with in the 24 hours before your symptoms start, let them monitor their condition health and self-isolate as soon as they have symptoms.

What should I do if I have been notified that I was exposed to COVID-19?

If you live with someone who shows symptoms or is confirmed positive of Covid-19 or if you have had close contact with such a person, you must confine yourself in quarantine at home for 10 days. This applies if you had contact with this person while they were showing symptoms and up to 24 hours beforehand.

By putting yourself in self-quarantine, you avoid transmitting the virus to people in your household and to the general public. You could become infectious during this time. By self-quarantining yourself, you are helping to protect people in high-risk groups and to slow down the spread of coronavirus.

The following instructions explain what measures you should take while you are in self-quarantine in order to avoid transmitting the virus.

Comprehensive information about new coronavirus is published on the website of the Federal Office of Public Health (FOPH):

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>