

Guidelines for home-care patients.

Monitor your condition

- Take your temperature twice a day
- If your condition worsens call your General Practitioner or if they are not available call 15 (SAMU).

Isolation

- Isolation must take place in a well-ventilated room allowing minimal contact with other people and the limitation of contamination of other areas of the residence.
 - This room and the rest of the residence must be well aired three times a day.
 - If more than one toilet is available, one must be reserved for the patient. If the toilet is shared strict hygiene must be observed (frequent cleaning with chlorine bleach or disinfectant wipes).
- Maintain a safe social distance.
- You must maintain a safe distance of 2 meters, avoiding direct physical contact. You must avoid all contact with people at risk (pregnant women, people with chronic illness, elderly people).

Handwashing

- Cleanse your hands carefully with hand sanitizer (especially before touching your face) and wash them with soap 4 to 6 times a day during at least 20 seconds. Scrub between the fingers and up to the wrists.

Contact with surfaces

- Certain surfaces are liable to easily transmit contamination and must be regularly disinfected (smartphone, doorknobs...).

Guidelines for laundry and sheets

- As much as possible, the patient should take care of their own laundry. Do not shake off dirty sheets or laundry.
- Place dirty laundry directly in the washing machine - do not store it in any other place, do not put it in a laundry basket.
- Wash the patient's bed linen in a 60°C machine cycle for at least 30 minutes.

Cleaning the floors

- Follow the guidelines below for cleaning floors and surfaces.
 - Do not use a vacuum cleaner (it may disperse aerosols).
 - Clean floors and surfaces with a single-use sweeper mop soaked in detergent;
 - After cleaning rinse floors with water using single-use another sweeper mop;
 - Allow floors to dry;
 - Disinfect the floors and surfaces with chlorine bleach dilute to 0.5% active chlorine (one litre of chlorine bleach at 2.6% with 4 litres of water).