

Prevention of Coronavirus Spread

All students who just came back from abroad and/or have contacted somebody diagnosed or suspicious for COVID-19 must follow the isolation rules set by Ministry of Health of the Republic of Lithuania. This also applies to working students.

Individuals who do not comply with the isolation rules may be subject to legal actions.

ISOLATION RULES FOR INDIVIDUALS WHO ARE SUSPECTED TO HAVE A COVID-19 OR HAVE HAD CONTACTED WITH A PATIENT OR SOMEBODY SUSPECTED TO HAVE A DISEASE

Isolation at home rules for individuals who have had contact/exposure:

- **When possible, the person should be isolated in a separate, well-ventilated room (i.e., with the opening windows and a tightly closing door). Should this not be possible, the family members or friends have to maintain a distance of at least 2 meters from the exposed person (e.g., sleep in a separate bed);**
- **It is necessary to ensure the maintenance of the environment and hygiene requirements:**
- There is no need to wear a mask at home if you do not feel any symptoms of the disease. It is necessary to wear a medical mask in case you demonstrate respiratory tract infection symptoms, such as cough, sneezing, and you need to call the ambulance and go to the hospital;
- Wash your hands with the soap and water. If there is no possibility to wash your hands, you can use alcohol-based hand sanitizer (alcohol-based hand disinfectant/antiseptic). You need to wash hands before cooking and afterwards, before meals, after using the toilet, and when your hands are obviously dirty;
- Please maintain coughing-sneezing etiquette: cover your mouth and nose with a tissue, when coughing or sneezing; dispose of the tissue to the trash bin. If you do not have a tissue, when sneezing or coughing, cover your mouth with an elbow, not your palm;
- Ventilate the room at least 2-3 times a day (fully open the windows for 10 min., or make a draught for several minutes. During such ventilation, there should be no people in the room);
- Clean the most touched surfaces in the room on a daily basis, e.g., night tables, bed handles and other bedroom furniture. Clean using the usual soap or cleaning liquid;
- Use separate linen, utensils, etc.;
- Wash your clothes with the usual detergent at the temperature 60-90°C;
- Wash the dishes with hot water and the usual soap or use dishwasher.

Isolation at home rules for an individual who is suspected to have the disease:

- An individual must be isolated in a separate apartment or separate well-ventilated room (i.e. with opening windows and tightly closing doors) with a separate sanitary unit;
- No other healthy individuals can stay in the same room during the isolation period;
- It is necessary to ensure the maintenance of the environment and hygiene requirements:
 - Domestic waste must be disposed into a separate (marked) waste container;
 - Clothes must be washed with usual detergents at a temperature of 60-90° C;
 - Wash the dishes with hot water and usual detergents or in a dish-washer;

- The most touched surfaces must be disinfected with alcohol-based disinfectant with concentration no less than 70%, or domestic bleach with chlorine concentration of 0,5%;
- Wash your hands with soap and water. If there is no possibility to wash your hands, alcohol-based hand sanitizer (alcohol-based hand antiseptics) may be used. Wash your hands before and after cooking, before meals, after using the toilet and when your hands are obviously dirty;
- After you wash your hands with soap and water, dry them with disposable paper towel;
- In order to contain respiratory secretions, please take care of medical masks. Wear them as often as possible, especially if communicating with other people (taking food or upon arrival of healthcare professional, etc.). If you cannot tolerate the medical mask, you must maintain to the rules of coughing-sneezing etiquette: when you cough or sneeze, cover your mouth and nose with a tissue, dispose of the tissue to the trash bin. If you do not have a tissue, cover your mouth with an elbow, not your palm;
- Ventilate the room at least 2-3 times a day (fully open windows for 10 minutes or make a draught for a few minutes. Make sure there are no people in the room while ventilating);
- Use separate linens, utensils, etc. Wash them with soap and water;
- Clean and disinfect mostly used surfaces in the room daily, e.g. nightstands, bed frames and other bedroom furniture. First clean them with usual soap or detergent. After cleaning, disinfect with domestic bleach with chlorine concentration of 0,05% (dilution ratio 1:50) or alcohol-based disinfection liquid;
- Wash and disinfect the surfaces in the bathroom and toilet at least once a day;
- After isolation, it is very important to take care of disinfecting the living area with the methods mentioned above before other people move in. Carpets, upholstered furniture and other articles with soft surfaces that are difficult to disinfect should be avoided in living areas of isolation.

If an individual is suspected to have the disease, and he/she has had contact/exposure, they must follow the rules of isolation at home or another place:

- Do not leave the place of isolation without the permission of a health care professional;
- Do not invite any guests (visitors) at home;
- Follow the instructions of the health care professional;
- Please obtain food, medications or any other necessary items remotely, or ask other people (e.g., groupmates, friends, etc.), who do not have to stay in isolation, to get them for you, or ask for help at the institution providing social services at the territory of municipality;
- Measure your body temperature daily and monitor your health and such symptoms as cough and difficulty breathing;
- In case of your health deterioration, or if you notice symptoms of acute respiratory tract infection (if you have any rapidly developing symptoms: fever, cough, difficulty breathing), you must call the help line 1808;
- Provide all the necessary information to the National Public Health Center specialist, administering the epidemiological diagnostics of coronavirus infection.

Translated from the webpage of Ministry of Health of The Republic of Lithuania:

<http://sam.lrv.lt/lt/naujienos/patvirtintos-izoliacijos-taisykles-ju-nesilaikant-sankcijos-atnaujinta>