

## **Ministry of Health updated coronavirus isolation rules**

16 November 2020

The Ministry of Health has provided updated confinement rules and advice on proper isolation to prevent further spread of coronavirus (COVID-19).

According to the data of November 16, currently, 100.5 thousand people are self-isolating in the country. These are people who have been diagnosed with coronavirus, people who have been exposed, and those who have come from the affected areas.

**A person with a coronavirus infection shall be isolated in a separate apartment/house or well-insulated room/house, while no other people can live in the same room during the isolation.**

If this is not possible, and the family members agree, the patient may be isolated in a separate, well-ventilated room. In this case, the patient should restrict movement at home and reduce sharing the common space by always wearing a face mask covering the nose and the mouth while in common areas. If possible, the patient is advised to use a separate bathroom.

**If a person is isolated in a dormitory-type premises with a separate sanitary unit, he or she is prohibited from entering the common premises; food and other necessary means shall be left outside the door of the patient's isolation room.**

**Persons living with a patient shall be isolated for 14 days after the day of last contact.**

**Also, if there are multiple patients in a family, they can all be isolated in one room.**

### **Isolation principles:**

- Do not leave isolation area without the permission of a healthcare professional. It is forbidden to travel to or from the isolation point, if necessary for testing or in other cases, with the permission of a health care professional.
- Keep in regular contact with the healthcare professional who is currently caring for you.
- Do not invite guests or visitors for the duration of the isolation.
- Take care of food and other necessary means remotely; ask friends or relatives or contact the companies that provide necessary means or food delivery services; if this is not possible, these services should be provided by the municipal administration.
- If you need to extend your prescription, contact your family doctor remotely.
- If you have scheduled visits to medical specialist, your dentist, change the date of the visit to a later one.
- Measure your body temperature daily, and monitor your condition considering difficulty breathing \*. If your condition deteriorates, contact the Coronavirus Hotline at 1808.

\* Often shortness of breath is of psychological origin. It is important to assess whether in a calm state, the accelerated breathing (more than 20 rpm) or shortness of breath persist.