

INSTRUCTIONS FOR PERSONS EXPOSED TO SARS-COV-2 INFECTION

Within the period of 14 days from the exposure to the SARS-CoV-2 virus infection, avoid all unnecessary contacts with other people. This applies specially to contacts with older people, those with chronic diseases and those who have a weakened immune system (people with cardiovascular diseases, respiratory diseases, diabetes, impaired kidney function, cancer treatment, etc.). They are at higher risk of a more severe course of the disease.

In the 14-day period monitor your health status closely. If you develop signs or symptoms of COVID-19 (such as malaise, cold, cough, fever, shortness of breath, headache, muscular pain, loss of taste or smell, sore throat, etc.) within this period, **stay at home and contact your personal or emergency physician** for further instructions.

Follow guidelines for preventing the spread of SARS-CoV-2 infection:

- Avoid all unnecessary **contacts with people**.
- Keep at least 2-meter distance from other people.
- Do not touch **eyes, nose and mouth**.
- **Wash your hands regularly** with soap and water.
- When water and soap are unavailable, **use a dedicated hand sanitizer to disinfect your hands**. Hand sanitizers are for external use only. Surface cleaners/disinfectants are not suitable for cleaning/disinfecting the skin.
- We recommend the use of mask in accordance with the Recommendations for the Use of masks during the spread of SARS-CoV-2 infections.
- Provide **regular ventilation of enclosed spaces**.
- Employees should **work from home** in agreement with the employer (if the nature of their work allows this) or discuss on whether their work can be organized in such a way that the possible infection cannot be transmitted to other employees during work and during arrival to and leaving from work.

If you have been in high-risk close contact* with a person with confirmed COVID-19 infection, we recommend you follow the instructions for persons in home quarantine, which are available on NIJZ website: <https://www.nijz.si/izolacija>. Please fill in the Statement on acquaintance with referral to quarantine at home via the website: www.nijz.si/karantena.

Quarantine is not required for persons who have recovered from COVID-19 infection and less than 6 months have elapsed since the onset of the disease (or since the positive test result for SARS-CoV-2 infection if the person was asymptomatic). For persons who have been vaccinated against COVID-19, quarantine is not required if less than 9 months have elapsed since the establishment of COVID-19 protection. Additional information on quarantine exemptions is available on: www.nijz.si/izolacija.

Persons who have recovered from the infection and those who have been vaccinated should nevertheless follow all the other instructions mentioned above.

* The definition of a high-risk close contact:

- persons, living in joint household with a COVID-19 patient;
- direct contact at less than 2 metres for more than 15 minutes;
- other physical contacts or contacts with secretions (handshaking, hugging, use of common objects);
- staying indoors for more than 15 minutes (joint household, office, waiting room in a medical institution, joint lunch, socializing at the same desk/table, etc.);
- travelling in the same vehicle at less than 2 metres.

We advise you to install #OstaniZdrav application on your mobile phone.



If you are in distress and would like to talk to someone, call the **24-hour toll free number at 080 51 00** for psychological support in the COVID-19 epidemic.