During the period of isolation, the patient must have a pedal-operated waste bin with a plastic bag inside that closes tightly.

A telephone must be available for communication with health personnel or immediate family members.

The patient’s waste may be disposed of with the rest of the household waste if placed in a hermetically sealed bag. Hand hygiene should be FOLLOWED after contact with waste, disposable material, clothing, bedlinen, and towels.

Disposable material used by the patient and their carers, the personal protective equipment (PPE) of healthcare personnel, and any other patient waste should be disposed of in the Waste Bin provided in the room of isolation. The plastic bag inside the bin should be sealed before anyone leaves the room.

Reusable cutlery, glasses, dishes and other utensils should be washed with hot water and soap or, if possible, in the dishwasher. Single-use utensils should be disposed of in a tightly sealed plastic bag in a waste bin with a lid and foot switch.

CLOTHES, BEDDING, AND TOWELS used by the patient can be washed with regular soaps and detergent at 60-90 °C (140-194 °F) and allowed to dry completely. After use and prior to washing, these clothes, bedding, and towels should be placed in an airtight bag.

Throughout the duration of home isolation, health personnel will actively monitor for symptoms.

After 14 days of quarantine and if symptoms have dissipated, public health authorities should be notified in order to arrange a visit for taking swab samples from the nasopharynx or oropharynx.

After two consecutive negative samples, the public health authorities will assess whether isolation can end.

The entire home should be cleaned thoroughly as soon as isolation has ended.

If the patient’s symptoms worsen or the situation at home makes self-quarantine untenable, the health personnel monitoring the patient will assess, jointly with the public health authorities, whether it is necessary to transfer the patient to the hospital.

Deliveries made to the home of isolation should be left at the front door in order to avoid contact between the delivery person and the patient.

If direct contact is strictly necessary, the patient should wear a mask over his or her mouth and nose, and keep a distance of at least two meters (six feet).

When the patient collects the delivered goods, s/he should keep the door open for as little time as possible.