

INSTRUCTIONS FOR PEOPLE WHO HAVE BEEN EXPOSED TO COVID-19

Avoid any non-essential close contact with others **until 14 days after having been exposed to COVID-19**. It is especially important to avoid contact with the elderly, as well as people who have chronic diseases or a weakened immune system (such as those with cardiovascular diseases, respiratory diseases, diabetes, impaired kidney function, cancer treatment, etc.). They are all at higher risk of suffering severe illness from COVID-19.

If you develop any symptoms of respiratory infection (feeling unwell, cold symptoms, coughing, fever, breathing difficulties) within 14 days of being exposed, stay at home and call your personal physician or emergency medical service for further instructions.

General guidelines on preventing the spread of infectious diseases:

- Avoid **close contact with people showing signs of an infectious disease**.
- Avoid touching **your eyes, nose, and mouth**.
- **Wash your hands regularly** with soap and water.
 - If soap and water are not available, **use a hand sanitiser** with at least 60% alcohol content. Hand sanitisers are for external use only. Do not use household cleaning products and disinfectants to clean or sanitise your skin.
 - We recommend the use of masks in accordance with the Recommendations for the use of masks during the spread of SARS-CoV-2 infection, available at: https://www.nijz.si/sites/www.nijz.si/files/uploaded/priporocila_maske.pdf.
- **Avoid closed spaces** where large numbers of people are present.
- Ensure that **closed spaces are regularly ventilated**.