

**DEPARTEMENT  
GESUNDHEIT UND SOZIALES**

Kantonaler Sozialdienst

Unterabteilung Asyl, Sektion Betreuung

12 March 2020

**UPDATED INFORMATION AND CODE OF CONDUCT**

**Coronavirus – COVID-19**

---

**1. Current situation**

The number of COVID-19 cases is rising rapidly in Switzerland, with 858 patients currently having tested positive for the virus. Four of these cases have been identified in the Principality of Liechtenstein. So far, there have been four COVID-19-related deaths in Switzerland.

The novel Coronavirus is transmitted as follows:

- **Close and prolonged contact** Keeping less than two metres' distance from an infected person for more than 15 minutes.
- **By droplet** If a sick person sneezes or coughs, the virus can land directly on the mucous membranes of other people's noses, mouths or eyes.
- **By hand** Hands may carry contagious droplets from sneezes and coughs which get to people's mouths, noses or eyes when they touch them.

The severity of novel Coronavirus infections can vary substantially. While some patients show mild symptoms and are hardly aware that they are sick, others require intensive hospital care.

Hygiene and social distancing are very important measures, not only to protect oneself, but mainly to protect those who are particularly at risk. At-risk persons must strictly adhere to the social distancing rules.

**At-risk groups and course of the disease**

People over the age of 65 and those who have one of the following underlying health conditions are particularly at risk of severe illness:

- High blood pressure
- Diabetes
- Cardiovascular diseases
- Chronic respiratory diseases
- Diseases and treatments that weaken the immune system
- Cancer

## 2. Personal responsibility and solidarity

Since some of the people who carry the coronavirus show no symptoms or indisposition, we all have a personal responsibility to prevent the further spread of the virus.

**First and foremost, this means observing the published hygiene measures in a spirit of solidarity.**

-> Wash your hands thoroughly, cough and sneeze into your elbow, stay in your room/shelter if you develop a fever or cough, maintain the required distance to other people, avoid shaking hands, do not go to a doctor's surgery or a hospital's accident & emergency department unless you have announced your arrival by telephone.

**In addition, the following principles apply at our shelters:**

- Do not receive any visitors and refrain from visiting others
- Avoid crowds/meetings/celebrations, etc.
- Observe the hygiene measures
- Help the staff with the cleaning work
- Comply with the instructions given by the staff
- Help each other

## 3. What to do when you are sick

If you show mild symptoms such as fever and cough, you do not need to call or visit a doctor. These symptoms do not necessarily mean that you are infected with the Coronavirus. Contact your responsible staff member, remain in your room and refrain from attending school/courses/employment programmes. Your responsible staff member will discuss the further course of action with the medical profession. Depending on the situation, the staff will ask you to do the following:

### **Self-isolation**

- If you show symptoms such as a cough or fever, remain indoors and avoid contact with other people where possible. Wear a face mask when moving around the shelter.
- After the symptoms have subsided, do remain indoors for another 24 hours.

### **Self-quarantine**

- If you have been in contact with a person who has tested positive for the novel Coronavirus, remain in your room/shelter for 5 days after the confirmed case was diagnosed, even if you do not show any symptoms. Wear a face mask when moving around the shelter.
- **During this time, avoid all contact with other people.**

If you are in an at-risk group or your symptoms become more severe (high fever, breathing difficulties or shortness of breath): **Notify the staff.**

Do not go to a hospital accident & emergency department unless your condition deteriorates and you cannot contact either the staff or the doctor. **In this case, you must call the accident & emergency department before you go there.**