

## **INSTRUCTIONS FOR THE PATIENT DURING HOME ISOLATION**

### **Home isolation**

- You have TB disease and you are currently infectious. For this reason, you need to limit your activities. Isolation continues until a doctor or nurse in charge of your treatment tells you that it is no more necessary.
- Stay at home and avoid visiting other people so that you do not spread TB to others. You can go out for a walk. It is good for your health.
- A nurse will meet you daily. She observes your condition and sees that you get your TB medication. Be sure to take your medicines as prescribed.

### **During home isolation you are not allowed to**

- go to workplace
- go to school
- go to church, mosque or a similar place
- go to a restaurant, shop, shopping center or other public places
- go to a swimming hall or other indoor sports facilities
- visit other indoor hobby facilities
- use public transportation such as train, bus or taxi
- invite visitors to your home or go for a visit
- use a cleaning person or other external worker in your home

### **At home**

- Sleep alone in your own room
- Ventilate the room by opening windows in the morning and evening at least for 15 minutes.
- Cover your mouth and nose tightly with a disposable tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands. Put the tissue in a plastic bag right away after use and/or put it in the waste basket. Wash your hands with water and soap and/or use hand disinfectant.
- The utensils you have used can be washed as usual.
- Clothes and bed linen are washed in the washing machine as usual.
- Your home can be cleaned up as usual but use of a vacuum cleaner with a HEPA-filter is recommended.

### **Outside**

- You can do outdoor exercises if it is not too strenuous. You do not need to wear a facemask outside but avoid close contact with other people.
- When you come for a consultation or examinations use a private car if you can. Cover your mouth and nose with a tissue if you cough and use a facemask. Do not use indoor air rotation in the car and ventilate the car by keeping the windows open. If you need to use an ambulance, make sure to tell that you are infectious when you call for the ambulance.

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