

Smjernice za kućnu izolaciju osoba koje dolaze iz područja ugroženog epidemijom COVID-19

Za strane državljane sa privremenim i stalnim boravkom u Bosni i Hercegovini (BiH) i BiH državljane, koji dolaze u BiH, a u zadnjih 14 dana su boravile u ugroženom području, računajući od dana ulaska u BiH.

- Ukoliko se osjećate dobro i nemate simptome respiratorne bolesti, možete putovati direktno prema Vašoj kući ili hotelu
- Kada stignete kući ili u hotel morate ograničiti aktivnosti izvan Vašeg doma/hotela – ostati kod kuće/u hotelu
- Potrebno je redovito se javljati nadležnom kantonalnom zavodu za javno zdravstvo
- Potrebno je redovito pratiti simptome: povišena temperatura, kašalj, otežano disanje, druge rane simptome bolesti kao što su groznica, grlobolja, bolovi u mišićima
- Ne ići na posao, u školu/univerzitet, javna mjesta, ne koristiti javni prijevoz i taksu
- Izdvojiti se od ostalih ukućana
- Izbjegavati zajedničke prostorije i nositi medicinsku masku u slučaju kretanja u tim prostorijama i u prisustvu ukućana
- Izbjegavati primati posjetitelje
- Redovito čistite i dezinficirajte površine u kupatilu i toaletu
- Često i temeljito prati ruke vodom i sapunom 20 sekundi. Kao alternativa, može se koristiti sredstvo za dezinfekciju ruku na bazi alkohola
- U slučaju pojave simptoma, odmah kontaktirati odgovornu osobu nadležnog kantonalnog zavoda za javno zdravstvo
- Ukoliko se pojave simptomi, nosite medicinsku masku
- Ukoliko se ne pojave simptomi unutar 14 dana od zadnjeg izlaganja, osoba se ne smatra više pod rizikom od pojave bolesti COVID-19.

Home isolation guidance for recently returned persons from areas affected by the epidemic COVID-19

For foreign nationals with temporary and permanent residence in Bosnia and Herzegovina (BiH) and BiH citizens who come to BiH and have been in affected areas for the last 14 days, counting from the date of their entry into BiH.

- If you are currently well and you do not have symptoms of respiratory diseases, you can travel directly to your home or hotel
- Once you get to your home or hotel you must restrict activities outside your home/hotel – stay at home/hotel
- You need to be in regular contact with a responsible person of the public health institute
- You should monitor yourself for symptoms. Watch for: fever, cough, shortness of breath (difficulty breathing), other early symptoms to watch for are chills, sore throat, muscle pain
- You should not go to work, school/university, public areas, and you should not use public transport and taxis
- Separate yourself from the other people in your home
- Avoid shared or communal areas and wear a surgical mask when moving through these areas
- Discourage other people from visiting your home while you are in isolation
- Clean and disinfect regularly surfaces in the bathroom and toilet
- You should wash your hands often and thoroughly with soap and water for 20 seconds. Alternatively, you can use an alcohol-based hand sanitizer if your hands are not visibly dirty
- If you develop symptoms, you should immediately phone a responsible person of the public health institute
- If you develop symptoms, you should wear a surgical mask
- If symptoms do not appear within 14 days of the last exposure, the person is no longer at risk of developing COVID-19.