

Outbreak of Andes virus 2026

Recommendations for self-quarantine at home for asymptomatic contacts

Monitoring symptoms



During self-quarantine, monitor yourself for the following symptoms: fever ($\geq 38^{\circ}\text{C}$), chills, tiredness, muscle ache, tightness in the chest, headache, abdominal pain, nausea, nasal congestion, cough and shortness of breath.



If any symptoms appear, please contact your national Public Health Authority.

Self-quarantine recommendations



Stay at home and do not receive any visitors. Telework, if possible.



Avoid any contact with others in crowded areas (e.g. schools, or other public areas) and avoid using public transport.



Non-urgent medical visits should be postponed. For urgent visits, patients should inform medical providers and both should wear facemasks or respirators.



Keep a distance of 1-2 metres between yourself and others in your household.



Use a separate toilet, if available. If not possible, clean after each use with common detergents or diluted household bleach.



Have supplies (food, medication and other essentials) delivered to your home.

Hygiene measures



Cover your coughs and sneezes (respiratory etiquette):
Use a tissue when you cough or sneeze.
Discard the tissue in the trash.
Wash your hands with soap and water.



Use separate household items (towels, bedding, cups, dishes). Shared washing machines can be used.



Wear a facemask in the presence of others and, where possible, maintain a 1-2 metre distance.



Frequently touched surfaces (such as door and drawer handles) should be cleaned regularly with common detergents, diluted household bleach or 70° alcohol.



Wash your hands frequently with soap and water, especially before cooking and eating, after using the toilet, and before putting on or removing a facemask.



Household waste should be handled as normal. Wash your hands after disposing it.

Main messages



Limit contact with others



Maintain strict hygiene and respiratory etiquette



Look after your physical and mental health during quarantine. While you cannot be physically close with others, digital connection is encouraged.