

Information sheet on what to do in a case of illness

Dear Muchetta Guests

To ensure that you - and all other guests - can spend the most beautiful time of the year as untroubled as possible, we kindly request that you study this information sheet by the Federal Office of Public Health (FOPH) in the event of contagious illnesses before or during your holidays.

The following points should be observed in particular in the event of contagious illnesses such as **stomach flues** (caused by rota or noro viruses) but also in the case of all **children's diseases such as chickenpox, measles, rubella, inflammation of the middle ear as well as in the case of viral or bacterial infections**, etc.:

1. Information

Please call us in advance or inform the reception if a family member is or was ill shortly before your arrival or in contact with a sick person. If you are not exactly sure whether your patients are still ill or contagious, we kindly request that you consult a physician and request a corresponding confirmation prior to your arrival.

2. Isolation

As an immediate measure, the FOPH recommends „to isolate the patients in their own rooms“:

- Ill guests and their family members should therefore remain in their room/apartment or outside as much as possible and avoid all public spaces
- Ill children and their siblings cannot be cared for in the nursery or in the children's paradise
- In case of doubt we request a written confirmation by a physician that there is no longer any risk of infection
- We also recommend that you take all your meals in your room/apartment (room service, phone no. 40, will be pleased to take your orders).

3. Desinfection

In order to avoid spreading the disease, special attention must be paid to hygiene.

- Wash and disinfect your hands often (disinfectant and sterilium can be requested free of charge from the reception)
- A daily room cleaning service with disinfection of the sanitary equipment shall be carried out free of charge by our room cleaning personnel
- The bedding and bathroom towels should be changed regularly and washed separately

4. Convalescence

Because most viral diseases are transmitted from person to person and usually still contagious 48 hours after the symptoms of the illness have subsided, we recommend consulting a physician.

- For example Dr. med. Peter Keller, Alvaneu-Dorf, at the beginning of the town after about 200 m on the right-hand side of the Kantonsstrasse, 081 404 20 30)
- As soon as we have a confirmation from a physician stating from when there will no longer be any risk of infection, all public spaces can again be used without restriction from this point in time.

5. Miscellaneous

We thank you for your understanding and your support and hope that we can contribute to an untroubled holiday adventure for all our guests with these measures. Further information is available from www.bag.admin.ch.