

European Centre for Disease Prevention and Control

# ECDC guidance: quarantine and isolation for ANDV associated with m/v Hondius

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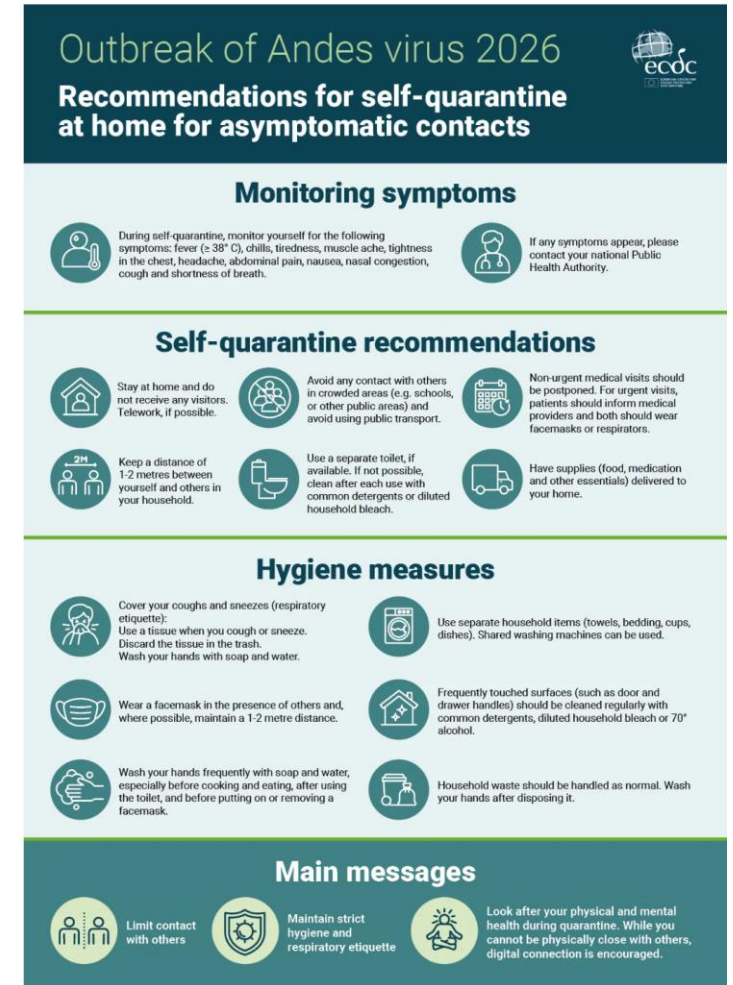
# Quarantine for asymptomatic contacts

## High-risk contacts

- ❑ Self-quarantine for 6 weeks
- ❑ Daily self-monitoring
- ❑ Monitoring by public health authority

## Low-risk contacts

- ❑ Passive self-monitoring
- ❑ Local health authorities aware of case, ready for management in case of signs or symptoms



**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.

# Infection prevention & control for ANDV cases in healthcare setting

- ❑ Isolate, negative pressure if possible
- ❑ PPE: respirator, eye protection, gown & gloves
- ❑ Log staff providing care, passive monitoring
- ❑ Assure daily environmental and equipment cleaning and decontamination
  
- ❑ Consider high-level isolation units considering availability, feasibility, and safety of transfer

Outbreak of Andes virus 2026  
Infection, prevention and control measures for patients in healthcare settings with Andes virus (ANDV) disease



### General measures

- Apply hierarchy of control measures to minimise exposure (elimination, substitution, engineering measures, administrative measures and personal protective equipment (PPE)).
- Standard precautions should be applied in all cases, including the 5 moments of hand hygiene.

<h4>Patient placement</h4> <ul style="list-style-type: none"><li>Patients should be placed in isolation rooms with negative pressure. If not possible, they should be in well-ventilated single rooms with an ensuite bathroom.</li><li>When they are not in the isolation room, patients with ANDV disease should wear a medical/surgical type IR facemask or a non-valved FFP2/3 respirator.</li><li>Visits to patients with ANDV disease should normally be avoided. If allowed, visitors should use PPE (FFP2 respirator, eye protection, gown and gloves) and practice hand hygiene, under the supervision of healthcare staff.</li></ul>	<h4>Personal protective equipment</h4> <ul style="list-style-type: none"><li>Healthcare staff should wear an FFP2/3 respirator, eye protection (goggles or visor), fluid-resistant long-sleeved gown and gloves, when providing care to patients with ANDV disease.</li><li>Healthcare staff should strictly follow the procedures for putting on ('donning') and safe removal ('doffing') of PPE.</li><li>Hand hygiene should be performed before putting on and immediately after removing PPE.</li></ul>
<h4>Occupational health</h4> <ul style="list-style-type: none"><li>Healthcare staff providing care to patients with ANDV disease <b>using the recommended PPE</b> are considered <b>low-risk contacts</b> =&gt; should be logged; do passive health monitoring and immediate reporting if symptoms appear.</li><li>Healthcare staff who provided care to patients with ANDV disease <b>without appropriate PPE</b> are considered <b>high-risk contacts</b> =&gt; should quarantine for six weeks from the day of exposure and actively followed up for symptoms.</li></ul>	<h4>Cleaning and disinfection</h4> <p>Patient rooms should be cleaned and disinfected at least once a day.</p> <ul style="list-style-type: none"><li>Regular detergents can be used for cleaning.</li><li>Disinfectants effective against viruses. 0.1% sodium hypochlorite or 70-degree alcohol solution are suitable for disinfection.</li></ul>
<h4>Medical equipment and devices</h4> <ul style="list-style-type: none"><li>Dedicated or, if possible, disposable medical equipment (e.g. blood pressure cuffs, stethoscopes and thermometers) is strongly recommended.</li><li>Reusable medical equipment and devices should be cleaned and decontaminated, in accordance with manufacturers' instructions.</li></ul>	<h4>Waste management</h4> <ul style="list-style-type: none"><li>Clinical waste from patients with ANDV disease should be handled as category A infectious waste.</li><li>Solid non-sharp waste should be placed in impermeable, clearly labelled bags to be discarded.</li><li>Fluid waste may be disposed of in the sanitary sewer.</li></ul>
<h4>Linen management</h4> <ul style="list-style-type: none"><li>Disposable linen should be used, if available.</li><li>Used linen should be placed in impermeable, clearly labelled bags and washed (at the maximum temperature the linen allows) or disposed of.</li><li>Disposed linen should be treated as category A infectious waste.</li></ul>	<h4>Duration of isolation</h4> <ul style="list-style-type: none"><li>The duration of transmission-based precautions for hospitalised patients with ANDV disease should be decided considering the clinical resolution or improvement of symptoms, as well as PCR test results.</li></ul>