



# SELF-ISOLATION

## TO HELP STOP COVID-19 SPREADING

## WHY SELF-ISOLATE?



### IF YOU HAVE SYMPTOMS OF COVID-19:

- › Follow the advice of the Contact Tracing Bureau (CTB)
- › Isolate for a period of 10 days
- › After this period, if you **DO NOT HAVE** any symptoms you will not need to self-isolate (unless you are a healthcare worker pending a swab).
- › If you are still suffering from COVID-19 symptoms, keep self-isolating until you are well (call 111 for advice or discuss with the CTB during your daily check up)
- › If you just have a cough at the end of your isolation period there is no need to remain in isolation (the cough can persist for several weeks after the infection has gone)



### LIVING WITH SOMEONE WHO HAS TESTED POSITIVE OR IS SHOWING SYMPTOMS:

- › Try to keep **2 METRES (3 STEPS)** away from others
- › Avoid using shared spaces at the same time as each other
- › Open windows in shared spaces when possible
- › Clean a shared bathroom thoroughly each time you use it and try introducing a rota system
- › Wipe every surface that the symptomatic person touches
- › Use a dishwasher if you have one. If not, use washing-up liquid and warm water; dry everything thoroughly afterwards
- › Do not share a bed with the affected person (if possible)
- › Do not share any type of towels with the affected person



### IF YOU LIVE WITH SOMEONE WHO HAS SYMPTOMS OF COVID-19:

- › You will be identified as a close contact and be required to self-isolate for a 10 day period.
- › After your isolation period you will be tested for COVID-19 to ensure you remain free from infection
- › Should you test positive for COVID-19, you will need to follow the advice from the CTB and continue self-isolating (to prevent onward spread of infection).

# HOW TO MANAGE SELF-ISOLATION



## REDUCING THE SPREAD OF INFECTION IN YOUR HOME

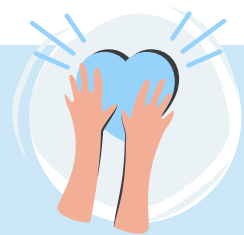
WHILE YOU ARE SELF-ISOLATING, ENSURE THAT YOU:

- › Wash your hands with soap and water often, **FOR AT LEAST 20 SECONDS**
- › Use hand sanitiser gel if soap and water are not available
- › Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- › Ensure you double bag any contaminated waste waiting 3 days before putting this into an outside bin
- › Clean all objects and surfaces you touch often using a suitable detergent or cleaning products



## HOW TO DO YOUR CLEANING AND LAUNDRY

- › Use your usual household products, such as detergents and bleach, when you clean your home
- › Put used tissues and disposable cleaning cloths in rubbish bags and then put this into a second bag and tie securely. Wait 3 days before putting it in your outside bin
- › Dispose of any other household waste as normal
- › Wash your laundry in the washing machine as normal; but **DO NOT** shake dirty laundry, as this may spread the virus in the air
- › Laundry that has been in contact with an ill person can be washed with other people's items
- › If you do not have a washing machine, wait for 3 days after the end of your home stay before taking your laundry to a launderette



## POSITIVE WAYS TO LOOK AFTER YOUR HEALTH AND WELL-BEING

TO HELP YOURSELF TO STAY WELL WHILE YOU ARE AT HOME MAKE SURE TO:

- › Take paracetamol (following packet instructions) to help ease symptoms
- › Drink plenty of water to stay hydrated and follow a balanced diet
- › Do light exercise, if you feel well enough
- › Stay in touch with family and friends over the phone or on social media to help avoid feeling low or lonely
- › Try to keep yourself busy with activities like cooking, reading, online learning and watching movies

## IF YOU ARE SELF-ISOLATING, PLEASE DO NOT:

- › Leave your home
- › Go out to buy food or collect medicine (order them by phone or online, or have them dropped off)
- › Have visitors, even friends and family, in your home

