



SELF-ISOLATION

TO HELP STOP COVID-19 SPREADING

WHY SELF-ISOLATE?



IF YOU HAVE SYMPTOMS OF COVID-19:

- › Call 111 for advice
- › They will likely advise home isolation until your allocated swab date (and you receive your test result); this prevents any potential spread of infection
- › If your test result is negative you will no longer need to self-isolate
- › If your test result is positive you will need to follow the advice of the Contact Tracing Bureau (CTB). This will include guidance and follow-ups for any identified close contacts.



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 HAVE PERSISTANT SYMPTOMS OF COVID-19:

- › Call 111 for advice
- › If you have tested negative for Covid-19 but still have symptoms please contact your GP or Nurse Practitioner
- › If you have tested positive for Covid-19 but still have on-going symptoms toward the end of your isolation period, remain in self-isolation. Call 111 for advice or discuss this with the CTB during your daily follow-up.
- › Note: if only a cough remains at the end of your isolation period there is no need to remain in isolation (a cough can persist for several weeks after the infection has gone)

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

