

Information for people who have tested positive for COVID-19

This information is being provided to you because you have tested positive for the coronavirus causing Covid-19. This leaflet contains information about Covid-19 and self-isolation. For further information, please visit [covid.gi](https://www.covid.gi).

[About COVID-19](#)

COVID-19 is caused by a virus (more specifically, a coronavirus) that affects the respiratory system (lungs and breathing tubes).

[Symptoms](#)

People confirmed to have COVID-19 may experience these symptoms:

- A new continuous cough
- A high temperature (above 38 degrees C)
- A loss of, or change in, your normal sense of taste or smell (anosmia)
- Shortness of breath
- A sore throat

Infections with mild symptoms (such as cold-like symptoms) or no symptoms at all are likely, though to what extent they occur is not yet known.

[How serious is it?](#)

We think there are many people with mild or moderate symptoms, but some people can become seriously ill and require treatment in hospital. Those most at risk of becoming seriously unwell are those with weakened immune systems, older people and those with pre-existing health conditions such as diabetes, cancer and chronic lung disease.

[How it spreads](#)

Understanding of the virus and the disease it causes continues to evolve. COVID-19 can be spread through person-to-person contact. The virus is thought to spread through touching infected surfaces and from an infected person's respiratory secretions, such as through coughing. However, the precise ways the virus spreads are not currently well understood.

Not everyone who has had close contact with someone confirmed as having COVID-19 has been infected or become ill.

[What you need to do](#)

You and your close contacts will be asked to self-isolate for 10 days.

By self-isolating, you are helping to protect your friends and family, and other people in your community, as well as making sure the GHA does not get overwhelmed.

An advisor will contact you daily to monitor your progress.

If you develop symptoms of Covid-19:

- Call 111 immediately and inform your advisor when they call you. For medical emergencies call 112.
- Spanish residents should call 900400061 if they have symptoms of Covid-19 or 955545060 for other coronavirus related information.

Self-isolation

You must do the following:

- Stay at home:
 - Do not go to work, school, or public areas, and do not use public transport or taxis. Nobody should go out even to buy food or other essentials, and any exercise must be taken within your home.
- Avoid contact with other household members as much as possible:
 - Keep communal areas well ventilated, avoid using shared facilities while others are present. Use a separate bathroom where possible. Consider using a face covering in shared parts of your home.
 - Clean shared areas: Use detergent or bleach to disinfect touched surfaces and objects such as door knobs after use. Do not share utensils, cups and towels, including hand towels and tea towels.
 - Wash your hands often: Use soap and water for 20 seconds or hand sanitiser.
 - Cover your coughs and sneezes: Use a disposable tissue or sneeze into the crook of your elbow.
 - Laundry: To minimise the possibility of dispersing virus through the air, do not shake dirty laundry.
 - Waste disposal: Personal waste (such as used tissues) should be put in two bags, one after the other and left for 72hrs before it is placed in your external household waste bin.
- Do not have social visitors such as family and friends come to your home.

Essential supplies:

- If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.
- For non-medical Covid-19 related advice including food delivery/ work contact 20041818.

Carers:

- If you or a family member receive essential care in your home, then carers should continue to visit. Carers should follow the relevant [guidance](#) to reduce the risk of you passing on the infection.

Routine medical care:

- All routine medical and dental appointments should usually be cancelled while you and the family are staying at home. If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first (for example, your GP or dentist, local hospital or outpatient service). To speak to GP services, call 20007910.

Work:

- You will receive paid leave from work, this will not be deducted from your usual sick leave allowance.
- Please email covidsicknote@gha.gi with your name, Date of Birth, statement explaining that you have been told to isolate and your employers email address. The sick note will be sent to your employer.

Mental health:

- Staying at home for a prolonged period can be difficult, frustrating and lonely, you or other household members may feel low. It can be particularly challenging if you don't have much space or access to a garden.
- It's important to remember to take care of your mind as well as your body and to get support if you need it. Stay in touch with family and friends over the phone or on social media. There are also sources of support and information that can help, such as the Every Mind Matters website.
- Plan ahead and think about what you will need in order to stay at home for the full duration of isolation.
- Think about things you can do during your time at home. People who have stayed at home for a week or more have kept themselves busy with activities such as cooking, reading, online learning and watching films. If you feel well enough you can take part in light exercise within your home.