

# COVID-19 (coronavirus)

## Guidance for self-isolation

This guidance is for people who are undertaking self-isolation.

You must stay at home for the required isolation period (14 days after your arrival from an implicated area).

Please read this guidance carefully and if you are unable to follow it, please contact your GP to discuss further.

If your symptoms worsen during the isolation period (even if you have been told your COVID-19 (coronavirus) test result is negative) please contact your GP by phone.

**For those who have been tested for COVID-19 and have been told to self-isolate, you should remain in self-isolation even if you receive a negative COVID-19 (coronavirus) test result, until:**

- **Your symptoms resolve or;**
- **You have completed 14 days of isolation.**

### **Stay at home**

- You should remain in your home except for attending prearranged medical care for treatment of COVID-19 (coronavirus).
- Do not go to work, school, public areas or events.
- Do not use taxis or public transport until you have been told it is safe to do so.
- Ask for help if you require groceries, other shopping or medications as you will not be able to go to the shops or pharmacies.
- If required, ask a friend or family member to take your children to school.

### **Separate yourself from other people in your home**

- Separate yourself from other people in your home.
- Stay on your own in a well-ventilated room (windows opened regularly) with the door closed.
- Use a separate bathroom/toilet, if available.
- Clean bathroom/toilet after every use.

### **Do not have visitors in your home**

- Do not invite visitors (including friends and family) to your home.
- Do not make contact with people at the front door.
- If you think it is essential for someone to visit, discuss it with PHA Health Protection on 0300 555 0119.
- Deliveries should be left at your door and the person who delivers should leave before you open the door.

### **Monitor your symptoms (or your child's symptoms, as appropriate)**

- Phone your GP if your symptoms are getting worse eg difficulty breathing.
- If it is an emergency, call an ambulance and inform the call handler that you are being tested for COVID-19 (coronavirus).

### **Cover your coughs and sneezes**

- Cover your mouth and nose with a disposable tissue when you cough or sneeze.
- Carers of young children should use disposable tissues to wipe away mucous or phlegm after a child has sneezed or coughed.
- Throw used tissues in a household waste bag, and immediately wash your hands with liquid soap and water for at least 45 seconds.
- Carers of young children should wash their own hands as well as the child's following coughing/sneezing.

### **Wash your hands**

- Wash hands often with liquid soap and water for at least 45 seconds.
- Alcohol-based hand sanitiser can be used after hand washing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands.

### **Avoid sharing household items**

- Do not share utensils, towels, bedding or other items with other people.
- After using items, wash them thoroughly with liquid soap and water; dishwashers may be used to clean crockery and cutlery.
- Laundry, bedding and towels should be placed in a waste bag and stored securely away from other people.
- Items can be washed when tests for COVID-19 (coronavirus) are negative.

### **Wear a facemask if advised to**

- Wear a facemask if you have been provided with one.
- Wear this when you are in the same room with other people, when you visit a healthcare provider or when you are opening the front door.
- If you cannot wear a facemask, the people who live with you should wear one when they are in the same room with you.
- Minimise contact with other people even if you are wearing a facemask.
- Masks should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it must be changed immediately.
- Discard the mask in a household waste bag after use.
- Wash and dry your hands after removal of the mask.

