



Patient information sheet for self-isolation at home

The information in this leaflet is for those who

- are waiting to be tested for COVID-19 infection
- are waiting for the results of testing for COVID-19 infection
- have been diagnosed with COVID-19 infection and your doctor has agreed that you can stay at home to recover.

What is self-isolation?

Self-isolation means you stay at home while you have coronavirus (COVID-19). Even though the symptoms are mild you can still spread the virus to others. This will help to protect your friends, colleagues and the wider community and will help control the spread of the virus. The instructions below are to help you try and limit the spread of infection to others within your household as much as possible.

When can I return to normal?

You can stop self-isolating at home, if you have had no temperature for five days and it's been 14 days since you first developed any symptoms.

Keeping yourself safe and well

- It is very easy to become anxious and lonely when you have to spend time on your own but remember, you can always pick up the phone and call a friend - the virus does not travel through phones lines
- Although you have been asked to stay at home it is important you keep yourself mobile by getting up and moving around as much as possible. If you have a garden or backyard go out and get some fresh air but please keep away from other people including neighbours. Keeping a distance of more than 1 metre (or 3 feet) from other people is recommended.
- Eat well and drink plenty of fluids to keep you hydrated.
- Try and avoid alcohol if you are feeling unwell.
- Do not smoke or vape – if you do have a virus infection it is best not to do anything that might harm your lungs.

- If you start to feel very unwell but it is not an emergency, you should call your regular doctor.
- If it is an emergency and you need to call an ambulance, call 112 or 999 and remember to tell the ambulance service that you have been diagnosed with COVID-19 virus.
- If you have questions regarding the instructions below please call your local Public Health department.



Keeping everyone else safe and well after home testing

1. Stay at home

- Do not go to work, school, religious services or public areas, and do not use public transport or taxis until you have been told that is safe to do so.
- You may need to ask family or neighbours for help if you need groceries, other shopping or medications.

2. Keep away from other people in your home as much as you can

- You should stay away from other people in your home most of the time in a well-ventilated room with a window to the outside that you can open.
- If you have to go into the same room with other people at home you should try to keep at least a metre (3 ft) away from them and you should clean your hands regularly and practice good respiratory etiquette.
- If you can, you should use a toilet and bathroom that no one else in the house uses.
- If you cannot have your own toilet and bathroom, the toilet and bathroom you use needs to be kept clean (see advice below).

3. Clean your hands

- Clean your hands regularly - This is one of the most important things you can do.
- Try not to touch anyone else's face.
- Use moisturizer on your hands after washing

5. Cover your coughs and sneezes (Figure 1)

- Cover your mouth and nose with a paper tissue when you cough or sneeze
- Place used tissues into a plastic waste bag (see note below for managing rubbish), and immediately clean your hands with alcohol hand rub or wash your hands with soap and water for at least 20 seconds.



6. Do not share your things

- You should not share food, dishes, drinking glasses, cups, knives, forks and spoons, towels, bedding or other items with other people in your home when you have used them (or after your child or the person you are caring for has used them) until they have been washed.
- After using these items, wash them in a dishwasher if one is available or with washing up liquid and hot water. If you are not well enough, someone else in the house can do this for you. The person should use household/rubber gloves if available. The gloves can be washed and dried after use. Wash hands thoroughly with soap and water after removing the gloves
- If you use games consoles or remote controls clean them before someone else in the house uses them.
- If you cough or sneeze on a screen e.g. phone, or game console, wipe the screen clean immediately.

7. Do not have visitors in your home

- Do not invite or allow unnecessary visitors to come into the house.
- If someone urgently needs to come to the house, keep at least a meter (3ft) away from them and advise them that you are not well.

8. Toileting and bathing

- If possible use a toilet that no one else is using.
- If that is not possible and you do not have your own toilet/bathroom, clean your hands before entering, before you leave the room and after using the toilet.
- If you need to have a bath or shower remember to clean any surfaces you have touched afterwards.
- Do not share your towels with anyone else.

9. Household cleaning

- Clean all surfaces, such as counters, table-tops, doorknobs, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, every day with a cleaning product
- When cleaning you should use your usual household products, like detergents and bleach as these will be very effective at getting rid of the virus. Follow the instructions on the manufacturers label and check they can be used on the surface you are cleaning.



- If you have them wear household/ rubber gloves when cleaning surfaces or handling dirty laundry. If you use household/rubber gloves they can be washed and dried after use. Always wash your hands after you take off the gloves.
- If you are using re-useable cleaning cloths, these can be washed in a hot wash cycle of a washing machine after use.
- If the gloves and cleaning cloths are disposable place them in a plastic waste bag after using them. (See advice about managing rubbish below.)

10. Laundry

- Wash laundry at the highest temperature that the material can stand
- You can tumble dry items and iron using a hot setting/ steam iron if required.
- If you have household/rubber gloves you can wear them when handling dirty laundry and hold the items away from your clothing.
- If you don't have gloves wash your hands after handling dirty linen.
- Do not send laundry to a laundrette.

11. Managing rubbish

- Put all your personal waste including used tissues and all cleaning waste in a plastic rubbish bag.
- Tie the bag when it is almost full and then place it into a second bin bag and tie.
- Once the bag has been tied securely leave it somewhere safe. The bags should be left for three days before collection by your waste company.
- Other household waste can be disposed of as normal without any time delay.

What happens if there are children in the house?

- Do your best to follow this advice however we understand it may not always be possible.
- Children can get COVID-19 infection but in most cases the illness is not very severe.
- If your child does develop symptoms, they need to stay until they have had no temperature for five days AND it's been 14 days since they first developed any symptoms.

Can my pets get COVID-19?

- So far we have no evidence that companion animals/pets such as dogs and cats can be infected with COVID-19.



If someone in your home is waiting to be tested, waiting for the results of testing or has been diagnosed with COVID-19 infection.

If possible, only one person should look after the patient. Ideally this would be someone who is not in a risk group for complications of infection.

- If you are caring for someone who is sick with COVID-19 try and keep your distance if possible – stay at least a meter (3 ft) away and avoid touching them.
- If this not possible remember to clean your hands afterwards.
- Clean your own hands regularly and if necessary help the person you are caring for to clean their hands also.
- Do not touch your face while caring for someone else.
- If you have to clean phlegm or spit from their face use a clean tissue, put it into a waste bag and wash your hands.
- Read all the advice above and encourage and support the person to follow that advice
- If the person becomes very unwell but it is not an emergency, call your regular doctor to ask for advice.
- If it is an emergency, call the emergency services at 112 or 999 and remember to tell them that the person has been diagnosed with COVID-19.

Figure 1 Respiratory etiquette

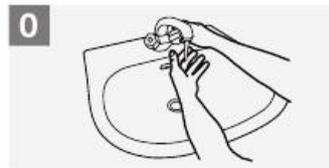


Figure 2. How to wash your hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



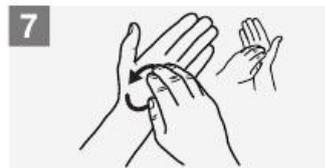
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



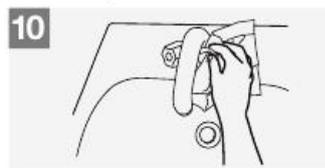
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



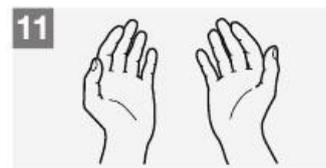
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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