



HOME ISOLATION

March 2020

Home isolation is recommended for:

- Confirmed cases - Those who are confirmed with COVID-19 but do not need to be admitted to hospital.
- Suspected cases - Those who are traveled to high risk areas and have no symptoms.

Advice for staff with & without symptoms of infection, who are isolating themselves due to potential exposure to coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.

Isolate yourself



Stay in your home or accommodation, do not go to work, school or other public areas



Separate yourself from others in your home or accommodation



Do not have visitors in your home or accommodation



Use **separate facilities** if sharing, these should be cleaned before use by others



Have food, medication & other supplies **delivered to you**



Try to keep away from your pets. If unavoidable, wash your hands before & after contact

Prevent the spread of infection



Cover coughs & sneezes with a tissue



Place the tissue in a **bin**



Wash your hands with **soap & water**



Use **separate household items** like towels, bedding, toothbrushes, cups & dishes



Wear a mask when you are around others, if you have been told to do so

Wash hands with soap & water:



Before **cooking & eating**



After using the **toilet**

Take care of your health & wellbeing

For those with symptoms of infection:



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take paracetamol as advised, to reduce pain & fever

For everyone in self-isolation:



Keep in contact with friends & family by phone, video & online



Carry on hobbies & interests within your home if you are able to



Take regular exercise within your home if able

Seek help if you develop symptoms or existing symptoms get worse, visit the Employee Travel Screening Clinic / Emergency department for screening and assessment