



Self-isolation plan



Personal advice:

What should you do if you need to self-isolate?

Stay at home

- Do not go to work, college, school, religious services, social gatherings or public areas.
- Do not use public transport or taxis until you are well.



Wash your hands often



- Keep your hands clean by washing them regularly with soap & water.
- **This is one of the most important things you can do.**

Cover your coughs and sneezes

- When coughing or sneezing, cover your mouth and nose with your elbow bent or tissue.
- Put used tissues in a closed bin and wash your hands.



Monitor your symptoms



- If your symptoms develop or get worse, phone your GP.
- **If it is an emergency, call an ambulance on 112 or 999 & tell them that you may have Coronavirus (COVID-19).**

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Interaction advice:

What should you & others do if you need to self-isolate?

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

- Avoid physical contact with other people in your household. Stay in a room with the window open.
- If possible, you should use a separate toilet and bathroom to the rest of the household. If this is not possible, make sure these areas are kept clean.



Avoid sharing things



- You should avoid sharing dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home.
- After you use these items, they should be washed in a dishwasher or alternatively with soap and water.
- Don't share games consoles or remote controls.

Avoid having visitors in your home

- If possible, do not allow visitors in your home or answer your door to callers.



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Household advice: What should you do in the home if you need to self-isolate?

Household cleaning

- Many cleaning and disinfectant products sold in supermarkets can kill Coronavirus (COVID-19) on surfaces.
- Clean the surface as usual with a detergent, disinfectant or disinfectant wipe.
- Wear disposable gloves and a plastic apron if available and throw them out afterwards. Wash your hands after removing gloves and apron.



Laundry



- Wear gloves while handling dirty laundry and wash with detergent at a temperature above 60 degrees Celsius or at the highest temperature suitable for the fabric (whichever is higher).
- Clean all surfaces around the washing machine and wash hands thoroughly after handling dirty laundry.

Managing rubbish

- Use plastic bags for collecting rubbish including used tissues, gloves, masks and aprons. Dispose of rubbish bags when three-quarters full by tying the bag.
- Place the first bag in a second bag, which you should then also tie.

