Self-isolation

Advice for patients with & without symptoms of infection, who are isolating themselves due to potential exposure to novel 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
- Use **separate facilities** if sharing, these should be cleaned before use by others
- **Separate yourself** from others in your home or accommodation
- **Have food, medication & other supplies delivered to you**
- **Do not have visitors** in your home or accommodation
- **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

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 (e.g. difficulty breathing) by calling your GP/MEDS.

*In an emergency*, call 999 & inform the call handler about your potential exposure to COVID-19.