



Patient information sheet for home isolation
V1.0 26/02/2020

Your doctors have agreed that you may stay at home while you wait for the results of tests for infection with COVID-19. This is because you are not so sick that you need to be in hospital and because you have agreed to follow the steps needed to keep you and other people safe.

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 will need to ask 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 outside that you can open.
- 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 often

- Clean your hands often.
- This is one of the most important things you can do.
- Do not touch anyone else's face.

4. Call ahead before visiting your doctor

- If you need a doctor call the number you were given before you travel. They will help you get the help you need in a way that is as safe as possible for everyone else.

5. Wear a facemask *

- If you have to go into the same room with other people at home or go to see a doctor or clinic, clean your hands with the gel or soap and put on one of the face masks you were given.
- Anyone in a room with you should also have a mask that they can wear if they want to.
- Do not touch the front of the mask when you are removing it. Clean your hands with gel or wash with soap and water after removal of the mask.
- You do not need to wear a facemask when there is no one else in the room with you.

6. Cover your coughs and sneezes

- Cover your mouth and nose with a paper tissue when you cough or sneeze.
- If you are caring for someone who is waiting for a test result, use disposable tissues to wipe away any mucus or phlegm after they have sneezed or coughed.
- Put the tissues into a plastic waste bag (see note below for managing rubbish), and immediately clean your hands with gel or wash your hands with soap and water for at least 20 seconds.



- If you are caring for someone clean your own hands as well as helping the person you are caring for to clean their hands . Do not touch you face while caring for someone else.

7. Don't share your things

- You should not share dishes, drinking glasses, cups, eating utensils, 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).
- After using these items, wash them thoroughly in a dishwasher if available or with soap and hot water.
- Laundry, bedding and towels should be placed in a plastic bag and washed once it is known that the tests for COVID-19 are negative. If this is not possible and you need to wash the laundry see below for further advice on handling laundry.
- Don't share games consoles or remote controls. If you cough or sneeze on a screen, wipe the screen clean immediately.

8. Check your symptoms (or the person you are caring for, as appropriate)

- Seek help right away if you are getting sicker such as if your breathing is getting difficult or if the person you are caring for is getting more unwell.
- If it's not an emergency, you should call the number you were given.
- If it is an emergency and you need to call an ambulance, tell them that you are being tested for COVID-19 (or that you are caring for someone being tested for COVID-19, as appropriate).

9. Do not have visitors in your home

- Do not invite or allow visitors to come into the house. Do not answer the door to callers. You might want to put a sign on the door saying you are not available.
- If you feel you have to have someone visit the house call the number you were given first to discuss it with your public health doctor.

10. Toileting and Bathing

- If possible use a toilet that no one else is using.
- If you can't have your own toilet/bathroom, clean your hands and wear a mask when you go to the toilet and if you need to bath or shower clean anything you have touched afterwards and leave an hour before anyone else uses the bath or shower.
- Use different towels from everyone else. It is probably best to keep the towels you use in the room with you and take them with you if you have to leave the room.

11. Household cleaning

- Many cleaning/disinfectant products available in supermarkets work against coronaviruses.
- 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 household cleaner.



- Follow the instructions on the label and check they can be used on the surface being cleaned.
- If you have them, wear disposable gloves and a plastic apron when cleaning surfaces, clothing or bedding.
- Clean your hands after you take off the gloves and apron.
- Throw away the gloves and cloths in the waste after using them. See advice about managing rubbish below.

12. Laundry

- If you need to wash the laundry at home before you get the test results then wash all laundry at the highest temperature for the fabric using laundry detergent. This should be above 60°C.
- If possible tumble dry and iron using a hot setting/ steam iron.
- Wear disposable gloves and a plastic apron when handling soiled materials and clean all surfaces and the area around the washing machine.
- Do not take laundry to a laundrette.
- Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).

13. Managing rubbish

- Put all the waste and that you have used including tissues, and masks in a plastic rubbish bag. Tie the bag when about three quarters full. The plastic bag should then be placed in a second bin bag and tied.
- Treat all cleaning waste in the same way.
- Do not put the rubbish bags out for collection until the test result comes back.

Going back to normal.

Your doctor will call you with the results of your test. Keep following the steps above to keep everyone safe until you are told it is safe to go back to normal.

Contact Details

Name and contact number for Public Health	
Name & Contact Number for Hospital	

Figure 1 Respiratory etiquette

COVER UP

COUGHING AND SNEEZING



- Turn your head away from others
- Use a tissue to cover your nose and mouth



- Drop your tissue into a waste bin



- No tissues? Use your sleeve




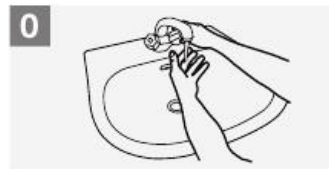
- Clean your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds

Figure 2. How to wash your hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

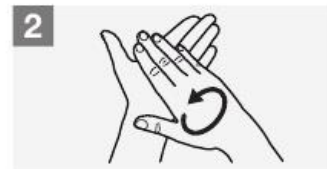
 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



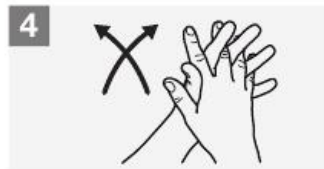
Apply enough soap to cover all hand surfaces;



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;



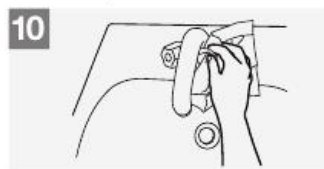
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



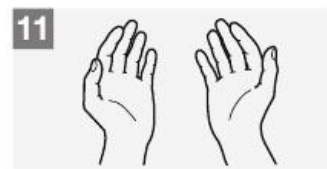
Rinse hands with water;



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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