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
- 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

**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 (eg difficulty breathing) by calling NHS 111

Your healthcare provider will advise you on whether to remain in self-isolation following a negative test result.

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