

IMPORTANT - PLEASE READ!

COVID -19: STAY AT HOME GUIDANCE

SYMPTOMS

The most common symptoms of COVID-19 are:-

- High temperature - 37.8 degrees or above
- New continuous cough and/or

For most people, COVID-19 will be a mild infection – but you can still pass it on so if you think you have symptoms you need to do the following.

WHAT TO DO

- Practice “self-isolation”. This means from when the symptoms started not leaving your home for a total of 7 days (if you live on your own): or for 14 days (if you live with other people).
- Plan ahead and ask others for help to ensure that you can successfully stay at home.
- Practice “social distancing”. This is staying at least 2 metres (about 3 steps) away from other people in your home, if possible. Also staying away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible.
- Sleep alone, if possible
- Wash your hands regularly for 20 seconds, using soap and water or use hand sanitiser
- Only call NHS 111 or online at <https://111.nhs.uk> if your symptoms worsen during home isolation. For a medical emergency dial 999

WHY STAYING AT HOME IS VERY IMPORTANT

Staying at home while you have coronavirus (COVID-19) helps to protect your friends, colleagues and all of us in the wider community. It will also help to control the spread of the virus. We realise that staying at home may be difficult and frustrating, but there are things that you can do to help make it easier. These include:

- Plan ahead and think about what you will need to be able to stay at home for the full 7/14 days – food, medications etc
- Talk to your employer, friends and family to ask for their help to access the things you will need
- Ask family and friends to drop off anything you need on your doorstep or order supplies online. Do not let delivery drivers into your home
- Keep in touch with family and friends over the phone or social media
- Keep busy with activities whilst at home such as cooking, reading, online learning or watching films
- When you are feeling better, remember that physical exercise can be good for your wellbeing. Look at online classes or courses to help you take light exercise in your home

SEPARATING YOURSELF FROM THE PEOPLE YOU LIVE WITH

Aim to stay in a well-ventilated room with a window that can be opened. Try and keep the window open as much as possible to enable ventilation and airflow as this will help to keep clean air moving through your room.

- Try to separate yourself from people in your home and keep the door closed. If you cannot stay in a separate room aim to keep 2 metres (3 steps) away from other people in your house
- Make sure everyone regularly cleans their hands and cleans surfaces and does not touch their face.

- Use your own toothbrushes, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels, washcloths or bed linen.
- Do not share food and drinks.
- If you have a garden, it is fine to use it as long as you keep 2 metres away from other members of your household. If possible they should use the outside area separately.
- Minimize the amount of time you spend in shared spaces such as bathrooms, kitchens and sitting rooms
- If you do share a toilet and bathroom, it is important that you clean them after you have used them every time (i.e. wiping surfaces you have come in contact with) Draw up a rota, bathing with those less affected going first
- If you share a kitchen, avoid using it when others are present. Take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry your used crockery and cutlery. If this is not possible, use a separate tea towel to dry your dishes

IF YOU LIVE ALONE WITH CHILDREN, AN OLDER, VULNERABLE OR A PREGNANT PERSON

Keep following this leaflet advice to the best of your ability.

Children with COVID-19 appear to be less severely affected. It is nevertheless important to do your best to follow this guidance. If a child develops symptoms, they need to stay at home for 14 days from the onset of their symptoms.

If you provide care to an elderly, vulnerable or pregnant person, follow this advice to the best of your ability.

IF YOU ARE BREASTFEEDING WHILE INFECTED

There is currently no clinical evidence to suggest that the virus can be transmitted through breast milk. Infection can be spread to the baby in the same way as to anyone in close contact to you.

If you wish to breastfeed, take precautions to limit the potential spread of COVID-19 to the baby by:

- Washing your hands before touching the baby, breast pump or bottles
- Avoid coughing/sneezing on the baby while feeding
- Clean the breast pump as recommended by the manufacturer after each use
- Consider asking someone who is well to feed the baby
- If feeding with formula or expressed milk, sterilise the equipment carefully before each use.

For more information go to:

www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy

WHAT YOU CAN DO TO HELP YOURSELF GET BETTER

Drink water to keep yourself hydrated: you should drink enough during the day so your urine is a pale clear colour.

ENDING SELF-ISOLATION

You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, contact NHS 111 or online at <https://111.nhs.uk>.

Coughing may persist for several weeks in some people, despite the coronavirus infection have cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.

Source: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>