Public Health England

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

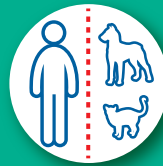**Separate yourself** from others in your home or accommodation

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

Wash hands with soap & water:

Before cooking & eating

After using the toilet

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