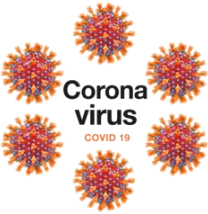



Tips for self isolating (staying at home)

13th March 2020

 <p>Corona virus COVID 19</p>	<p>Corona Virus spreads between people easily.</p> <p>To try to stop the disease from spreading, some people are self isolating.</p> <p>This means staying at home and not seeing people.</p>
	<p>You may not need to stay at home yet but it is important to get ready for this now.</p> <p>You may have to stay at home for 7 days so getting ready for that now is important</p>
<p>7 Days</p>	<p>If you have been told you have Corona Virus or you have symptoms that might be Corona Virus, you will need to stay at home and away from people for 7 days.</p> <p>Symptoms might be a fever, a high temperature or a cough that you didn't have before</p>



It is important that if you are staying at home – you do NOT go out for walks or to public places like shops, libraries, pubs and restaurants.

You need to stay away from people.

Do NOT use public transport or taxis if you are self isolating (staying at home)



2 metres

If you live with other people try to stay at least 2 metres away from them if you can.

Try to make sure that people you live with are staying away from other people too.



You can stay in touch with your friends and family and work colleagues if you are staying at home.

You can do this by:

- phoning them
- texting them
- using social media



It is important that you have enough things to keep you going if you need to stay at home.

These are things like:

- Medicines and tablets
- Food and drink
- Cleaning equipment
- Personal items



Pharmacy

Medicines and tablets

Check any medicines you get from the Doctor.

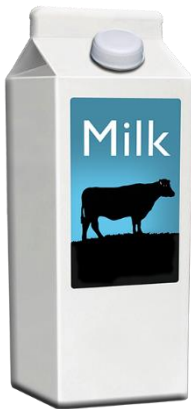
If you do not have enough for 14 days, call your Doctors and ask them to arrange a prescription and get somebody to collect this for you from the chemist.

Check if you have enough tablets and medicines for things that might happen. These are medicines that can be bought at the chemist. This might be things like

- Cough medicine
- Lemsip
- Paracetamol



Make sure, with your doctor or family, that it is ok to take these extra medicines.



Food and Drink

It is important that you have enough food and drink in your house for at least a few days. If possible, go and buy this before you need to stay at home. If you are already staying at home, ask your family or friends to go shopping and bring it to you.

Things that are good to buy as they won't go off quickly are:

- Long life milk
- Tea and Coffee
- Squash and Juice
- Tinned foods like beans and tomatoes
- Tinned meat and fish
- Rice and pasta
- Part baked bread
- Butter
- Jams and Spreads
- Some ready meals

If you have a freezer, have some meals and bread in there.

If your family and friends can bring your food, remember to ask them to bring fresh food like fruit and vegetables as it is important to eat healthily at this time.

Drink lots of water as it is important.



Cleaning Equipment

It is important that you keep your house clean as this will help you stay well.

Make sure you have enough:

Cloths to wipe the sides

Cleaning sprays for the kitchen and bathroom

Washing powder to keep your clothes clean

Washing up liquid to keep your plates and cutlery clean

Cleaning the toilet and shower after you have used it



Whilst you are at home, try to keep a window open as this will help fresh air to get into your home.

Make sure you empty your bins into plastic bags frequently.

If you have used tissues, keep them in a separate bag but don't put them outside for 3 days.





Personal Items

It is important that you are clean and safe.

Make sure you have enough:

Hand wash or soap

Tissues

Toilet rolls

Shower gels

Remember to wash your hands often and wash them for at least 20 seconds



Things to do

It is important that you think of things to do if you have to stay home for 7 days.

If you haven't got things to do you may get very bored.

Try to think now about movies you want to watch, gentle exercises that you can do or hobbies you could do like drawing, jigsaws and arts and crafts or anything that you like doing



If you share your house with other people it is a good idea to use separate plates, cutlery, cooking pots and tea towels if you can.

It is also important to use separate flannels and towels.

Make sure you wash your clothes separately and so not mix them with other peoples



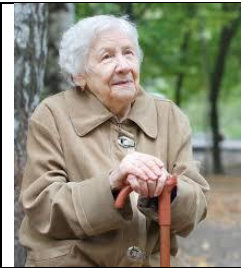
Do not have visitors to your house.

If people do come, keep them 2 metres away from you



If you live with your partner and usually sleep with them, try to sleep in a different bed and room if possible.

This will help to keep you more safe from infection



Try to stay away from people who are older or who have health conditions as they may get very poorly if they have the Corona Virus



If you are at home and you start to feel more poorly, tell your family and friends.

It is also important if you feel more poorly that you go on line with NHS 111

<https://111.nhs.uk/covid-19>

The on line service will ask you some questions and you need to answer by clicking the reply that is right for you.

The 111 on line service is asking about symptoms of fever, high temperature or new continuous cough.

Depending on your answers you might be advised to self isolate for 7 days or speak to someone at NHS 111 on the phone.

The questions on NHS 111 on line may change and so if you are at all concerned, please do look on line <https://111.nhs.uk/covid-19>

Do not phone NHS 111 unless you cannot get help on line

