



**Patient information sheet for home isolation after home testing**  
**V1.1 02/03/2020**

Today you will have a test to check if you have become infected with the new Coronavirus (the COVID-19 virus). While you are waiting for the result of the test it is important that you take steps to keep yourself and those who are living with you safe and well.

Enclosed with this leaflet are the following items;

- 2 Surgical face masks - keep one of the masks for use in the event that you are asked to leave the house by your doctor.
- 1 Small disposable plastic waste bag

**Keeping yourself safe and well**

- It is very easy to become anxious and lonely when you have to spend time on your own while you are waiting for the test result – remember, you can always pick up the phone and call a friend - the virus does not travel through phones.
- Although you have been asked to stay at home it is important you keep yourself mobile by getting up and moving around as much as possible. If you have a garden or backyard go out and get some fresh air but please keep away from other people including neighbours. Keeping a distance of more than 1 metre (or 3 feet) from other people is recommended.
- Eat well and drink plenty of fluids to keep you hydrated. Try and avoid alcohol if you are feeling unwell.
- Do not smoke or vape – if you do have a virus infection it is best not to do anything that might harm your lungs.
- If you start to feel very unwell please call your doctor- do not wait for the test result. If you become unwell it may be some other illness that is causing it so checking with your doctor is important. If there is an emergency please call the emergency services.
- If your condition worsens but it is not an emergency, you should call the number you have been given or your doctor and remember to tell them that you are waiting for the result of a test for the COVID-19 virus
- If it is an emergency and you need to call an ambulance, remember to tell the ambulance service that you are waiting for the result of a test for the COVID-19 virus

**Keeping everyone else safe and well after home testing**

**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 may need to ask family or neighbours 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 the 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**

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

## 4. **Wear a facemask**

- You do not need to wear a facemask all the time when there is no one else in the room with you but remember to cover your mouth and nose when you cough or sneeze with a tissue to avoid spreading virus around you.
- 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 soap and water or an alcohol hand rub and put on one of the face masks you were given.
- Anyone sharing a room with you should try to keep at least a metre (3 ft) away from you and should clean their hands regularly.

## 5. **Cover your coughs and sneezes**

- Cover your mouth and nose with a paper tissue when you cough or sneeze unless you are wearing a mask.
- Place used tissues into the small plastic waste bag contained in your pack (see note below for managing rubbish), and immediately clean your hands with alcohol hand rub or wash your hands with soap and water for at least 20 seconds.

## 6. **Do not share personal items**

- You should not share food, dishes, drinking glasses, cups, knives, forks and spoons, 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 ) until they have been washed.
- Wash dishes, drinking glasses, cups, knives, forks and spoons in a dishwasher if one is available or with wash with washing up liquid and hot water.
- Don't share games consoles or remote controls.
- If you cough or sneeze on a screen, wipe the screen clean immediately.



### **7. 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 need someone to visit the house call the number you were given first to discuss it with your public health doctor.

### **8. Toileting and bathing**

- If possible use a toilet that no one else is using.
- If that is not possible and you do not have your own toilet/bathroom, clean your hands before you leave the room and after using the toilet. If you need to have a bath or shower remember to clean any surfaces you have touched afterwards and if possible try and leave the bathroom empty for an hour or more before anyone else uses the bath or shower.
- Do not share your towels with anyone else. If it is easier for you keep the towels you use in the room with you and take them with you if you have to leave the room.

### **9. Household cleaning**

- Many of the cleaning/disinfectant products available in supermarkets work against coronaviruses including household bleach
- 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 cleaning product.
- Follow the instructions on the label and check they can be used on the surface you are cleaning.
- Wear household gloves when cleaning surfaces, clothing or bedding.
- Clean your hands after you take off the gloves
- If the gloves and cleaning cloths are disposable place them in the waste bin after using them.
- See advice about managing rubbish below.

### **10. Laundry**

- Wash laundry at the highest temperature that the material can stand
- You can tumble dry items and iron using a hot setting/ steam iron if required.
- Wear disposable gloves or household gloves when handling soiled materials and hold the items away from your clothing, Remove gloves (if worn) and wash your hands thoroughly with soap and water after handling dirty laundry.
- Remember to clean all surfaces and the area around the washing machine.



- Do not send laundry to a laundrette.

### **11. Managing rubbish**

- Put all the waste that you have used including tissues, and masks in the plastic rubbish bag supplied in the pack.
- Tie the bag when it is about three quarters full and then place it into a second bin bag and tie.
- Treat all cleaning waste in the same way.
- Do not put the rubbish bags out for collection until the test result comes back.

### **12. Getting back to normal.**

- A doctor will phone you with the results of your test. If the test is positive a doctor will talk to you about a plan for your care. If the test is negative a doctor will talk to you about next steps.
- Please keep following the advice outlined within this leaflet until you are told it is safe to go back to normal.

### **If you are looking after someone who is waiting for a test result**

1. Try and keep your distance if possible – stay at least 3 ft/1m away

If you are caring for someone waiting for a test result try to avoid touching them, if this not possible remember to clean your hands afterwards.

Clean your own hands regularly and if necessary help the person you are caring for to clean their hands also.

3. Do not touch your face while caring for someone else.
4. If you have to clean phlegm or spit from their face use a clean tissue, put it into a waste bag and wash your hands.
5. Read all the advice above and encourage and support the person to follow that advice
6. If the person becomes very unwell but it is not an emergency call the number below or their doctor and remember to tell them that the person is waiting for the result of a test for the COVID-19 virus
7. In an emergency, call the emergency services and remember to tell them that the person is waiting for the result of a test for the COVID-19 virus

Figure 1 Respiratory etiquette

# COVER UP

## COUGHING AND SNEEZING

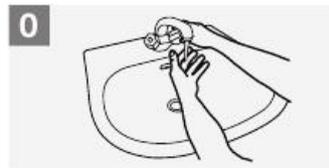
- 
  - Turn your head away from others
  - Use a tissue to cover your nose and mouth
- 
  - Drop your tissue into a waste bin
- 
  - No tissues? Use your sleeve
- 
  - Clean your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds

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;



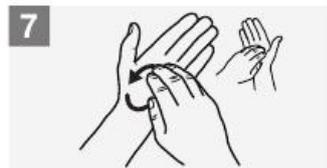
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



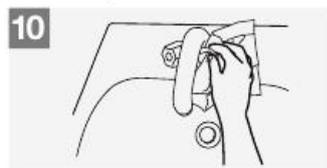
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



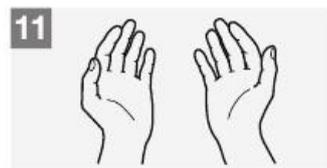
Rinse hands with water;



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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