Self-Isolation Advice leaflet for individuals who have been identified as a contact of a confirmed case of COVID-19 (Coronavirus)

Even though you do not have any symptoms, the public health advice is to stay at home (called self-isolation) for 14 days following contact with a confirmed case, in order to limit potential spread of novel coronavirus to others.

Further advice, please visit https://www.publichealth.hscni.net/news/covid-19-coronavirus.

NOTE: SELF ISOLATION IS FOR 14 DAYS FROM THE DATE OF LAST CONTACT WITH  A CONFIRMED CASE

START DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ END DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stay at home

· You / your child should remain in your home

· Do not go to work, school, or public areas or events

· Do not use taxis or public transport

· Ask for help if you need groceries, other shopping or medications as you will not be able to go to the shops or pharmacies

· If required (i.e. you have been advised to self-isolate and you normally take your children to school), ask a friend or family member to take any children who are not isolated to school

Separate yourself from other people in your home

· Avoid contact with other people as much as possible including in the same household

· Use a separate bathroom, if available. If not possible, clean after every use

Do not have visitors in your home

· Do not invite or allow visitors (including friends and family) to enter your home

· Do not open your front door to speak with visitors

· Deliveries should be left at your door

Wash your hands

· Wash hands often with liquid soap and water for at least 45 seconds

· Alcohol-based hand sanitiser can be used after hand washing

Use disposable paper towels to dry your hands Avoid sharing household items

· Do not share utensils, towels, bedding or other items with people

· Wash items thoroughly with liquid soap and water or use a dishwasher

· Laundry should be placed in a waste bag and stored securely away from other people

Monitor your symptoms (or your child’s symptoms, as appropriate) every day

If you develop symptoms including fever (temperature 38oC or higher), OR shortness of breath, OR cough during the 14 day self-isolation period, please seek prompt medical advice.

· Phone your GP, and inform them of your symptoms and your contact of a confirmed case of COVID 19 to enable rapid assessment,

· If you are not registered with a GP in Northern Ireland, contact BY TELEPHONE the nearest emergency department (https://www.nidirect.gov.uk/articles/health-and-medical-emergencies-services-visitors-northern-ireland)

· Do not attend the surgery or hospital unless you are told to do so

· If it is a medical emergency, call 999 and tell the call handler your