

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 38°C 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 symptoms and that you are a contact of confirmed case of COVID 19