

SELF ISOLATION- what does it mean

- staying at home for 14 days will greatly reduce the chance of catching infection from the community while you are awaiting surgery
- if you cannot move other vulnerable people out of your home, stay away from them as much as possible
- reduce the spread of infection in your home: wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you have coronavirus (COVID-19) symptoms (flu like symptoms, cough, fever, sore throat, muscle aches, loss of sense of smell) please let us know immediately
- Only go outside for health reasons
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family.
- You and all household members should remain at home. Do **not** go to work, school, or public areas, and do **not** use public transport or taxis. If family members need to go out to work consider alternative accommodation for them during your period of self isolation or if that is not possible consider isolating them in their rooms
- If possible, you should not go out even to buy food or other essentials, and any exercise should be taken within your home.
- If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you will need to ask friends or relatives. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.
- Do not invite or allow social visitors, such as other friends and family, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or social media.
- Seek prompt medical attention if your illness or the illness in any household members is worsening. If it's not an emergency, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you or your relative have coronavirus (COVID-19) symptoms.
- All routine medical and dental appointments should usually be cancelled while you and the family are staying at home.

TIPS FOR SELF ISOLATION

Staying at home may be difficult and frustrating, but there are things that you can do to help make it easier. These include:

- plan ahead and think about what you will need in order to be able to stay at home for the full 7 or 14 days
- talk to your employer, friends and family to ask for their help to access the things you will need to make your stay at home a success
- think about and plan how you can get access to food and other supplies such as medications that you will need during this period
- ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect

- make sure that you keep in touch with friends and family over the phone or through social media
- think about things you can do during your time at home. People who have successfully completed a period of staying at home have kept themselves busy with activities such as cooking, reading, online learning and watching films
- many people find it helpful to plan out the full 14 days, such as on a make-shift calendar. You may also find it helpful to plan in advance what you will do if, for example, someone in the household were to feel ill.