

'Stay at home' guidance for those with possible COVID-19 (111 does NOT need to be informed)

To protect others in the community: not leaving the house and, if living with others, minimising shared space with others. *In an ideal world, this means:*

- Sleeping alone. Not sharing a bed, toothbrush, crockery, towels or food.
- Staying in one room, into which others do not go, as much as possible. If rooms do need to be shared, using them when others are not present.
- If possible, using a separate bathroom; if this is not possible, the patient cleans the bathroom after each use.
- If possible, having meals brought to the room rather than the patient preparing them in a shared space.
- Regular handwashing by all in the household, with the patient having a separate towel from others.

Looking after self

- Identify those who can help provide supplies (dropping on the doorstep, not stopping to chat!), and keeping in touch by phone/social media, not face to face. Pets are not at risk of getting coronavirus.
- Can you exercise? If essential, once daily, and keep a safe distance (at least 2m) from others. Go in the garden? Yes.
- Breastfeeding is safe (there is no evidence that COVID-19 is transmitted through breast milk).

Detailed patient guidance is available on the NHS website.

Returning to normal activity after COVID-19

- **Symptomatic people must self-isolate for SEVEN days.** After 7d, if they are well, they can return to normal activities.
- **EVERYONE in the household of the index case needs to isolate for FOURTEEN days** (to stop community spread). (*Index case = first person to get sick in the household.*)
 - **If, during the 14d, a household member develops symptoms, they can return to normal activities SEVEN days after the first day of their symptoms** (provided they are well), even if they are still within the fourteen days.
 - **Any member of the household who does NOT develop symptoms can return to normal activities after FOURTEEN days isolation** FROM THE FIRST DAY OF THE INDEX CASE'S SYMPTOMS (you do not need to keep restarting the 14 day clock each time a person gets sick).

REMEMBER: people are likely to cough for some weeks: they can return to normal even if they are still coughing.

For those who have tested positive for COVID-19/been admitted: they will be given specific advice on discharge.

'Social distancing' guidance for VULNERABLE groups (see main article for definition of who falls into this group)

- Avoid contact with those who have symptoms.
- Only use public transport if it is **really essential** – if you have to use it, use it at less busy times.
- Work from home if possible.
- Avoid large gatherings, gathering with friends and family – use technology to keep in touch.
- Contact essential services (GP, etc.) by phone/online means.
- Look after your physical and mental health, despite all of the above!

For those living with vulnerable groups: if someone in the household a vulnerable person lives in gets COVID-19 symptoms, be particularly careful to follow the guidance on self-isolation *within* the home to minimise contact between the ill person and the vulnerable person as much as possible.

'Shielding' guidance for the EXTREMELY VULNERABLE (see main article for definition of who falls into this group)

- Stay at home at all times and avoid any face-to-face contact.
- Minimise any non-essential contact with others in the household. This means families should not visit except for essential care (washing, feeding, dressing).
- Do not go out shopping, for leisure or for work.
- Essential visits from health professionals may continue, but these people must stay away if they have any symptoms of COVID-19, and anyone entering your home should wash their hands thoroughly on arrival.
- Ensure care providers are told that a client is in the extremely vulnerable group and is 'shielding' so they can apply additional precautions. Think now about who could help if the main carer was unwell/unable to come.
- When deliveries are made to the home, these should be left on the doorstep.
- Keeping in touch with friends/family/work on the phone/internet/social media, rather than face to face.
- Looking after mental wellbeing (see: <https://www.nhs.uk/oneyou/every-mind-matters/>). Exercise within the home. They can go outside into a garden if it is a private space. If they sit on the doorstep, keep at least 2m from other household members/any neighbours.
- If they need to contact the GP/hospital, do so online or by phone. Arrange for medicines to be left on the doorstep.
- **Those living in the house do NOT need to follow this guidance, but should follow social distancing advice, even at home, and reduce contact outside the home. This means not sharing a bed, using separate towels and avoiding being in shared spaces at the same time as other people.**