



## **Advice for people LIVING IN ACCOMMODATION with an individual who is undertaking self-isolation**

A member of your household has been advised to self-isolate because they may have been in contact with COVID-19 (coronavirus). They have been advised that they do not need to be hospitalised. Please read this advice carefully.

**If you develop symptoms, contact the helpline on 0300 200 7885.**

### **Wash your hands frequently**

- Wash hands often with liquid soap and water for at least 45 seconds.
- Wash after contact with the patient or with items handled by the patient.
- Use disposable paper towels to dry your hands.

### **Limit contact with the individual that has been self-isolated as much as possible**

- Limit personal contact with the patient.
- Do not invite visitors into the home.
- Only those who usually live in your home should be allowed to enter.

### **Ensure that shared spaces (kitchen, bathroom) are well-ventilated**

- Keep windows opened as regularly as possible and close doors.

### **Avoid sharing household items**

- Do not share utensils, towels, bedding, or other items with a person who is undergoing testing for COVID-19 (coronavirus) until they have been cleaned thoroughly.
- Wash utensils/crockery with liquid soap and water.

### **Toileting and Bathing**

- If possible, the person undergoing testing for COVID-19 (coronavirus) should have their own dedicated toilet and bathroom.
- The bathroom should be cleaned after every use by the patient.

### **Household cleaning**

- Clean all surfaces, such as counters, table-tops, doorknobs, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, every day with household cleaners that are active against viruses and bacteria.
- Follow the instructions of the label and check they can be used on the surface being cleaned.
- Use disposable paper towels to remove any blood, visible body fluids and/or secretions or excretions before cleaning surfaces.
- If you do not have a suitable household cleaner, you can use a bleach solution to clean surfaces. To make a bleach solution at home, follow the instructions on the packaging.
- If available, wear disposable gloves and ideally protective clothing (eg plastic aprons) when cleaning surfaces, clothing or bedding.
- Wash and dry your hands after removing gloves and aprons.

## Laundry

- Where possible the self-isolating individual's laundry should be collected in a household waste bag and washed after it is known that the tests for COVID-19 (coronavirus) are negative.
- If soiled items need washing immediately and you have a washing machine in the property, then wear disposable gloves and protective clothing (eg plastic aprons) when handling soiled materials.
- Wash the items with laundry detergent in a washing machine at as high a temperature as possible as per garment label instructions.
- Do not take laundry to a laundrette.
- After handling dirty laundry, remove gloves and then wash and dry your hands thoroughly.

## Waste

- Discard gloves, aprons and cleaning materials in a household waste bag and tie securely.
- All waste that has been in contact with the individual, including used tissues, masks and cleaning materials should be put in a household waste bag and tied when full.
- The waste bag should then be placed in a second household waste bag and tied. The bin bags should be stored securely.
- Do NOT dispose of bin bags or put them out for collection until you know that patient has tested negative for COVID-19 (coronavirus).
- Should the individual test positive, you will receive instructions on what to do with the waste.

## Wear a facemask if advised to

- If you have been provided with facemasks and advised to use them, then you should wear the mask when you are in the same room as the patient.
- Masks should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it must be changed immediately.
- Discard the mask in a household waste bag after use.
- Wash and dry hands after removal of the mask.
- You must still aim to minimise contact with the case even if you are wearing a facemask.

## Do not make contact with self-isolated individual if you are at increased risk of severe disease

- People at increased risk of severe disease should not care for the patient or come into close contact with them.
- This includes household members who have a chronic condition or are over 65 years.
- If contact with the patient cannot be avoided by those with an increased risk of severe disease, alternative housing may need to be considered.

