

Self isolation – you must stay at home

What you must do if you or a person you live with has, or thinks they have, coronavirus



This is an easy read version of **Public Health Wales: Stay at home guidance for people with confirmed or possible coronavirus (COVID-19) infection**

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What is self isolation?



Staying at home is sometimes called **self isolation**. This means **not going out of your house**. You must also **stay away** from other people.



If you have coronavirus or think you have coronavirus you **must** stay at home.



If anyone you live with has coronavirus or thinks they have coronavirus you **must** stay at home even if you feel well.



Staying at home will help stop other people catching coronavirus.

Should I stay at home?



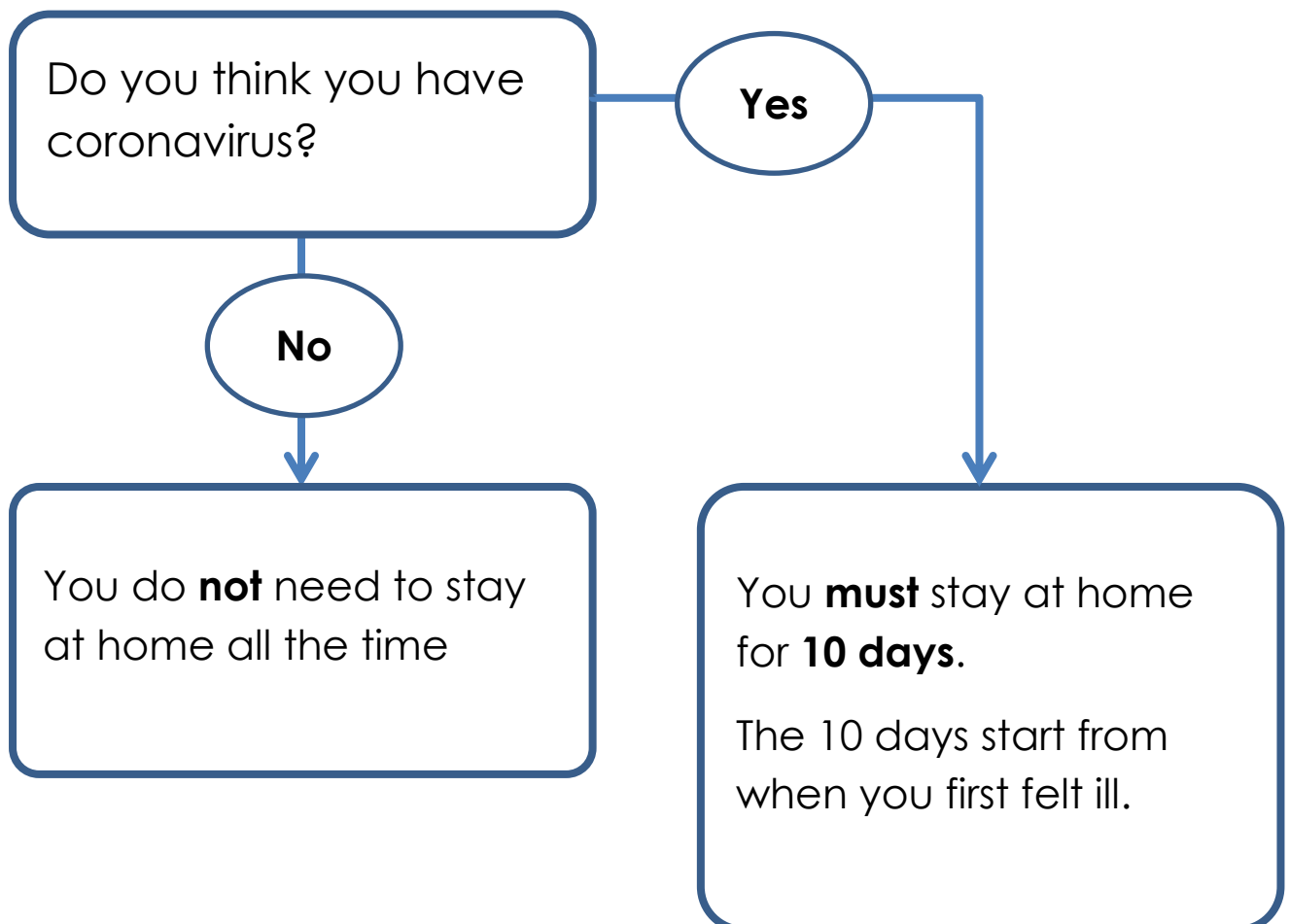
I live alone



This page is for you if live on your own.



If you live with other people go to **I live with other people** on page 5.

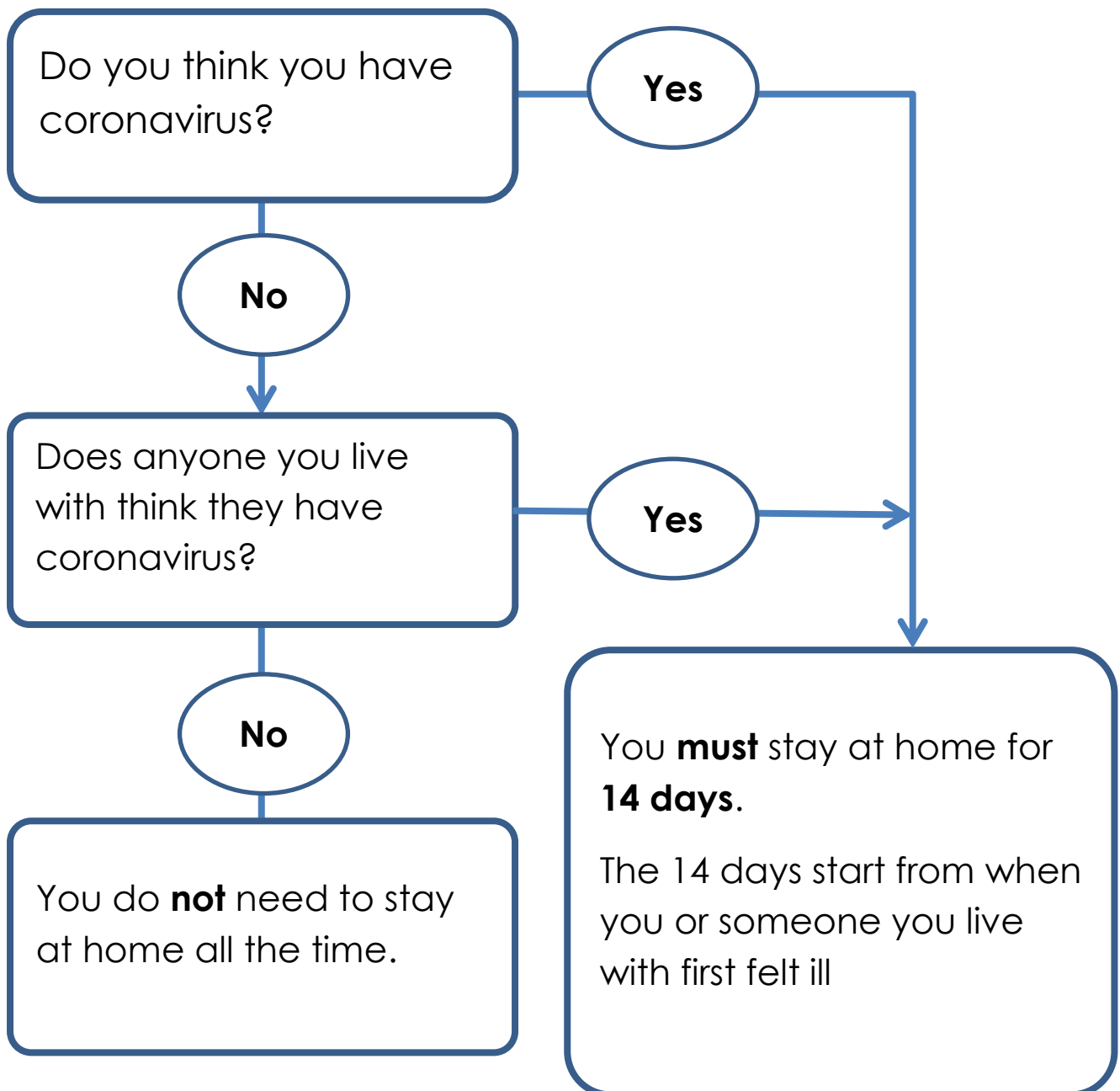




I live with other people



This page is for you if you live with other people.





If you get coronavirus within the 14 days of staying at home, you still need to stay at home for **10 days** from when you first felt ill.

This might mean you have to stay at home for longer than 14 days in total.

What should I do if I am staying at home?



You and everyone you live with **must** stay at home.



Do **not** go to work or public areas. Bars, clubs, restaurants and leisure places are now closed.



Do **not** use buses, trains or taxis.



If you need food from the shops or medicine:

- ask a friend, family member or support worker to help
- order food or medicine online or on the phone.

Coughs and sneezes



Cover your mouth and nose with a tissue when you cough or sneeze.



If you do not have a tissue, sneeze into the inside of your elbow.



Throw the tissue away as soon as you have used it. Then wash your hands with soap and water.

Cleaning while I am staying at home



Clean anything that people touch a lot like door handles, handrails, remote controls and table tops.

You must be careful when throwing away things like tissues and wipes:



- Put used tissues and wipes in a plastic rubbish bag.



- Tie the bag up.



- Put the bag inside another bag.



- Leave the bag somewhere for at least **3 days**.



- Then put the bag out with your rubbish collection.



You can get rid of your other rubbish and recycling as you normally do.

Cleaning your clothes



If you have a washing machine you can wash your clothes as normal.

If you normally take your clothes somewhere else to wash them:



- Keep your dirty clothes where you normally keep them.



- Wait for **3 days** after you stop staying at home.



- Take you clothes to where you normally wash them.

Facemasks



You do **not** need to wear a facemask.

Staying happy while you are staying at home



If you have to stay at home you may feel sad, lonely or frustrated.



Try to do things that will make you feel happier.



Here are some ideas to help keep you happy if you have to stay at home.



Talk to family and friends on the phone or on social media.



Stay busy doing things you enjoy like cooking, reading or watching TV.



Do some exercise indoors or in your garden if you can.

What if I need care or support in my home?



If you or someone you live with gets care or support in your home then this will still continue.



Ask care and support workers to wash their hands as soon as they come into your home.

What can I do to help get myself better?



Drink plenty of water



Take paracetamol if you have a temperature or if you are in pain.



Read the instructions on the paracetamol packet **before** you take them.



If you do not understand the instructions ask someone for help.

What should I do if I do not get better or I feel worse?



If you are worried that you are **not** getting better you can go online and use the **coronavirus symptom checker**:

<https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>



If you cannot go online you can phone **111**.



If it is an emergency phone **999** and tell them that you or someone you live with has coronavirus and is very ill.