



Self-Isolation

Self-Isolation is the act of separating yourself from physical contact with the rest of the community for a specified period of time.

We have divided the countries for which self-isolation is required into Group A and Group B countries.

For Group A countries we are asking people to self-isolate for 14 days IRRESPECTIVE of whether they have symptoms or not 14 days after returning from these countries.

For Group B countries we are asking people to self-isolate if they have symptoms (fever or cough or shortness of breath), even if these are mild, and these symptoms occur within 14 days of returning from a Group B country.

Group A: Self-Isolation for all returning travellers irrespective of whether they have symptoms or not:

Public Health Services are recommending that any individual should self-isolate, irrespective of symptoms if they have returned from the following areas in the last 14 days:

- **Mainland China (excluding Hong Kong and Macau)**
- **Iran**
- **South Korea**
- **Specific lockdown areas designated by the government of Italy**

If you experience symptoms (fever, cough or shortness of breath, no matter how mild) and have returned from the above countries in the last 14 days, then contact Public Health Services on 01481-725241, or, if you are feeling very unwell, phone 999 telling the operator of your symptoms and travel history.

Group B: Travellers from other specified countries who have symptoms, even if these are mild:

We have updated our guidance as of the 25th February 2020, taking into account the evolving situation globally.

We are now issuing this additional advice for returning travellers from the following countries:

- Thailand,
- Japan,
- Republic of Korea,
- Hong Kong,
- Taiwan,
- Singapore,
- Malaysia or
- Macau
- Northern Italy (defined by a line above, and not including, Pisa, Florence and Rimini),
- Vietnam
- Cambodia
- Laos
- Myanmar
- Indonesia

If you experience symptoms (fever, cough or shortness of breath, no matter how mild) and have returned from the above countries in the last 14 days, then stay indoors and contact Public Health Services on 01481-725241, or, if you are feeling very unwell, phone 999 telling the operator of your symptoms and travel history.

This is for the good of the community, so that we can stop the possible spread of the disease COVID-19 which is caused by the novel coronavirus SARS-Cov-2. We appreciate your help and support in trying to minimise the spread of any infection in the Bailiwick.

Current Public Health England guidance about Self-Isolation states that you should:

- NOT attend work, school or public places
- Avoid visitors in your home
- Avoid using public transport or taxis

It is important that you maintain good health during the period of self-isolation. Please ensure you have enough supplies of food, drinks and any medication you routinely take. If you require any of these replenishing you should contact a family member or friend, by phone, to request that they deliver the supplies to you and leave them outside your door. Your GP should be able to supply any medication you need to cover this period and may be able to arrange a pharmacy delivery service.

Keeping in touch with your friends and family using your phone or social media will help you to get through this period. Public Health Services can also offer you some support by providing a daily telephone contact service with you.

1. Stay at home

You should remain in your home, except for getting medical care (see sections 3 and 8 before getting medical care). Do not go to work, school, or public areas, and do not use public transport or taxis until you have been told that is safe to do so. You will need to ask for help if you require groceries, other shopping or medications.

2. Separate yourself from other people in your home*

You should stay in a well-ventilated room with a window to outside that can be opened, separate from other people in your home. Keep the door closed. Use a separate bathroom from the rest of the household, if available. Put the toilet lid down before flushing. If you have to share these facilities, regular cleaning will be required.

If a separate bathroom is not available, consideration should be given to drawing up a bathroom rota for washing or bathing, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves (if able or appropriate*). Ensure the isolated person uses separate towels from other household members, both for drying themselves after bathing or showering and for hand hygiene purposes.

If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary.

If you share a kitchen with others if possible avoid using it whilst others are present. Take your meals back to your room to eat. Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

3. Call ahead before visiting your doctor

All medical appointments should be discussed in advance with your GP.

4. Cover your coughs and sneezes

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Carers of others undergoing testing for 2019-nCoV infection should use disposable tissues to wipe away any mucus or phlegm after they have sneezed or coughed.

Dispose of tissues into a plastic waste bag, and immediately wash your hands with soap and water for at least 20 seconds, rinse and dry thoroughly. If you have a carer, your carer should wash their hands as well as helping the person they are caring for following coughing or sneezing.

5. Wash your hands

Wash your hands or assist the person you are caring for in washing their hands. This should be done often and thoroughly with soap and water, for at least 20 seconds, rinse and dry thoroughly. The same applies to those caring for anyone that is being tested for 2019-nCoV. Avoid touching your eyes, nose, and mouth with unwashed hands.

6. Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them (or after your child or the person you are caring for has used them). After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery.

Laundry, bedding and towels should be placed in a plastic bag and washed once it is known that the tests for 2019-nCoV are negative. If this is not possible and you need to wash the laundry see below for further advice on handling laundry.

7. Monitor your symptoms (or the person you are caring for, as appropriate)

Seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the person you are caring for symptoms are worsening. If it's not an emergency, you should call Public Health Services using the number that has been provided to you.

If it is an emergency and you need to call an ambulance, inform the call handler or operator that you are being tested for 2019-nCoV (or that you are caring for someone being tested for 2019-nCoV, as appropriate).

8. Do not have visitors in your home

Only those who live in your home should be allowed to stay. Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with Public Health Services first. If it is urgent to speak to someone who is not a member of your household, do this over the phone

Self-isolation can be a difficult period of time, remaining in contact with your friends and family will help with this, use your phone and other technological applications to do so. Public Health Services can offer you some support by providing a daily telephone contact service if you wish. This can be arranged by contacting the team using the details below:

Public Health Services can be contacted on 707438 Monday to Friday 0900-1700.

25 February 2020