

Advice on self-isolation for patients and staff

From today (Friday 13th March) If you have a persistent cough and/or a fever please stay at home for at least 7days, it's the best way for us all to protect others especially those most at risk of serious illness. Please stay indoors, confined in your house. If possible, use a separate bathroom. If this is not possible, wipe down toilet and sink surfaces with an anti-bacterial spray after you have used it.

REMEMBER the advice regarding tissues

- **Catch it, bin it, kill it**

REMEMBER the advice on regular hand washing

- **Wash your hands with soap for at least 20 seconds, as long as it takes to sing 'Happy Birthday' twice**

DO:

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- Sleep alone if possible
- Regularly wash your hands with soap and warm water for at least 20 seconds
- Try to stay away from older people and those with long-term health conditions
- Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

DON'T:

- Do not have visitors (ask people to leave deliveries outside)
- Do not leave the house, for example to go for a walk, to school or public places

USE the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days