**Self-Isolation Advice leaflet for individuals who have been identified as a contact of a confirmed case of COVID-19 (Coronavirus)**

Even though you do not have any symptoms, the public health advice is to stay at home (called **self-isolation**) for 14 days following contact with a confirmed case, in order to limit potential spread of novel coronavirus to others.

Further advice, please visit <https://www.publichealth.hscni.net/news/covid-19-coronavirus>**.**

**NOTE: SELF ISOLATION IS FOR 14 DAYS FROM THE DATE OF LAST CONTACT WITH A CONFIRMED CASE**

**START DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ END DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Stay at home**

* You / your child should remain in your home
* Do not go to work, school, or public areas or events
* Do not use taxis or public transport
* Ask for help if you need groceries, other shopping or medications as you will not be able to go to the shops or pharmacies
* If required (i.e. you have been advised to self-isolate and you normally take your children to school), ask a friend or family member to take any children who are not isolated to school

**Separate yourself from other people in your home**

* Avoid contact with other people as much as possible including in the same household
* Use a separate bathroom, if available. If not possible, clean after every use

**Do not have visitors in your home**

* Do not invite or allow visitors (including friends and family) to enter your home
* Do not open your front door to speak with visitors
* Deliveries should be left at your door

 **Wash your hands**

* Wash hands often with liquid soap and water for at least 45 seconds
* Alcohol-based hand sanitiser can be used after hand washing

Use disposable paper towels to dry your hands **Avoid sharing household items**

* Do not share utensils, towels, bedding or other items with people
* Wash items thoroughly with liquid soap and water or use a dishwasher
* Laundry should be placed in a waste bag and stored securely away from other people

**Monitor your symptoms (or your child’s symptoms, as appropriate) every day**

**If you develop symptoms including fever (temperature 38oC or higher), OR shortness of breath, OR cough during the 14 day self-isolation period, please seek prompt medical advice.**

* **Phone** your GP, and inform them of your symptoms and your contact of a confirmed case of COVID 19 to enable rapid assessment,
* If you are not registered with a GP in Northern Ireland, contact **BY TELEPHONE** the nearest emergency department (<https://www.nidirect.gov.uk/articles/health-and-medical-emergencies-services-visitors-northern-ireland>)
* **Do not** attend the surgery or hospital unless you are told to do so
* If it is a medical **emergency**, **call 999** and tell the call handler your symptoms and that you are a contact of confirmed case of COVID 19