Cocooning

Cocooning is staying inside your accommodation, protected from exposure to infection, instead of going out. In the best efforts to keep you well, we are transferring you to a self-contained unit.

Moving to this unit will mean that you will need to cocoon. Restrict movement for the next 14 days at least.

There will be staff on site to help you cope with this.

**Do’s**

* Have 1 month’s medication with you if possible
* Keep at least 1 meter away from others while outside
* Stay in your accommodation as much as possible
* Open the window in your room for 15-30 mins at least 3 times a day.
* Clean your room every day with a household cleaner or disinfectant.
* Make sure you have a contact number for staff.
* Let staff know if you are running out of your medication
* Cover your coughs and sneezes using a tissue and throw tissue in the bin
* Clean your hands properly afterwards.
* Wash your hands for 20 seconds frequently during the day
* If you have any concerns about your health or you have new symptoms - call your Doctor and let staff know.

**DON’T**

* Do not go out unless necessary (eg. to pick up prescriptions).
* Do not share your things, especially your towel.
* Do not use public transport or taxis.
* Do not invite visitors to your accommodation