Self-Isolation

Isolation is staying inside your room, 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 self-isolate, AND 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 (Blister-packed) if possible
* Stay in your room as much as you can
* Wear facemask if you need to be in common areas of the service AND stand at least 1m away from others
* Cover your coughs and sneezes using a tissue and throw tissue in the bin
* Clean your hands for 20 seconds afterwards & frequently during the day
* Open the window in your room for 15-30 mins at least 3 times a day
* Clean your room and toilet every day with a household cleaner or disinfectant.
* Make sure you have a phone with you and a contact number for staff.
* If you have any concerns about your health or you have new symptoms - call your Doctor and let staff know.
* Let staff know if you are running out of your medication
* Use your own towel - do not share a towel with others.

**Don't**

* Do not go out
* Do not share your things
* Do not use public transport or taxis
* Do not invite visitors to your accommodation
* Do not stay close to other people