



Advice for people LIVING IN ACCOMMODATION with an individual who is undertaking self-isolation

A member of your household has been advised to self-isolate because they may have been in contact with COVID-19 (coronavirus). They have been advised that they do not need to be hospitalised. Please read this advice carefully.

If you develop symptoms, contact the helpline on 0300 200 7885.

Wash your hands frequently

- Wash hands often with liquid soap and water for at least 45 seconds.
- Wash after contact with the patient or with items handled by the patient.
- Use disposable paper towels to dry your hands.

Limit contact with the individual that has been self-isolated as much as possible

- Limit personal contact with the patient.
- Do not invite visitors into the home.
- Only those who usually live in your home should be allowed to enter.

Ensure that shared spaces (kitchen, bathroom) are well-ventilated

- Keep windows opened as regularly as possible and close doors.

Avoid sharing household items

- Do not share utensils, towels, bedding, or other items with a person who is undergoing testing for COVID-19 (coronavirus) until they have been cleaned thoroughly.
- Wash utensils/crockery with liquid soap and water.

Toileting and Bathing

- If possible, the person undergoing testing for COVID-19 (coronavirus) should have their own dedicated toilet and bathroom.
- The bathroom should be cleaned after every use by the patient.

Household cleaning

- Clean all surfaces, such as counters, table-tops, doorknobs, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, every day with household cleaners that are active against viruses and bacteria.
- Follow the instructions of the label and check they can be used on the surface being cleaned.
- Use disposable paper towels to remove any blood, visible body fluids and/or secretions or excretions before cleaning surfaces.
- If you do not have a suitable household cleaner, you can use a bleach solution to clean surfaces. To make a bleach solution at home, follow the instructions on the packaging.
- If available, wear disposable gloves and ideally protective clothing (eg plastic aprons) when cleaning surfaces, clothing or bedding.
- Wash and dry your hands after removing gloves and aprons.

Laundry

- Where possible the self-isolating individual's laundry should be collected in a household waste bag and washed after it is known that the tests for COVID-19 (coronavirus) are negative.
- If soiled items need washing immediately and you have a washing machine in the property, then wear disposable gloves and protective clothing (eg plastic aprons) when handling soiled materials.
- Wash the items with laundry detergent in a washing machine at as high a temperature as possible as per garment label instructions.
- Do not take laundry to a laundrette.
- After handling dirty laundry, remove gloves and then wash and dry your hands thoroughly.

Waste

- Discard gloves, aprons and cleaning materials in a household waste bag and tie securely.
- All waste that has been in contact with the individual, including used tissues, masks and cleaning materials should be put in a household waste bag and tied when full.
- The waste bag should then be placed in a second household waste bag and tied. The bin bags should be stored securely.
- Do NOT dispose of bin bags or put them out for collection until you know that patient has tested negative for COVID-19 (coronavirus).
- Should the individual test positive, you will receive instructions on what to do with the waste.

Wear a facemask if advised to

- If you have been provided with facemasks and advised to use them, then you should wear the mask when you are in the same room as the patient.
- Masks should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it must be changed immediately.
- Discard the mask in a household waste bag after use.
- Wash and dry hands after removal of the mask.
- You must still aim to minimise contact with the case even if you are wearing a facemask.

Do not make contact with self-isolated individual if you are at increased risk of severe disease

- People at increased risk of severe disease should not care for the patient or come into close contact with them.
- This includes household members who have a chronic condition or are over 65 years.
- If contact with the patient cannot be avoided by those with an increased risk of severe disease, alternative housing may need to be considered.

