

## How should I self-isolate?

*If you have been told to self-isolate, you need to stay indoors and avoid contact with other people for up to 14 days.*

*It is important to follow the advice being provided by the hospital, AIG and your employer for the whole period, even if you begin to feel better or do not have any obvious symptoms.*

### Do

- *stay at home*
- *separate yourself from other people – avoid contact with anyone who is not also self-isolating*
- *stay in well-ventilated areas with a window that can be opened*
- *ask friends, family members or your employer to carry out errands for you, such as getting groceries, medicines or other critical shopping*
- *make sure you tell people to leave items outside for collection*
- *clean toilets and bathrooms regularly*
- *use separate towels from anyone else in the household*
- *wash crockery and utensils thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery*

### Don't

- *invite visitors to your home or allow visitors to enter*
- *go to work, school or public areas*

## Living in shared accommodation

If you live in shared accommodation (for example, barracks), call the hospital to discuss the best approach to self-isolation.

In the meantime:

- *stay in your room with the door closed, only using communal kitchens, bathrooms and living areas when absolutely necessary*
- *avoid using a shared kitchen while others are using it*
- *take your meals back to your room to eat*
- *use a dishwasher (if available) to clean and dry your used crockery and cutlery; if this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel*

## What if I develop symptoms?

If you think you are developing symptoms of COVID-19 you should go straight home and telephone the hospital on 66252.

Symptoms are a persistent dry cough, a fever or shortness of breath.

Even if the symptoms seem mild, it is better to call for advice.

However, please do not come to the hospital in person. In the first instance it is best to call for advice.

If the hospital advises you to begin self-isolation measures please ensure you follow their advice carefully.

## What to do about work or other responsibilities

During an outbreak, it is important to reduce the risk of further spread of the infection. This will require understanding and support from employers, family members and friends.

It can help to:

- talk to those around you, including your employer or employees, about the importance of self-isolation to reduce the risk of spreading infection at work
- make plans with your family and friends on how to manage shopping for food and other supplies
- ask people not to visit your home while you're self-isolating; self-isolation is a measure to reduce the risk of the spread of infection through contact with others