

## *Self-isolation – What do I do now?*

- If you think you are developing symptoms of Coronavirus (COVID-19) you should go straight home and telephone the hospital.
- If the hospital advises you to begin self-isolation measures please ensure you follow their advice carefully.
- This action will help protect others on the island whilst you are potentially infectious.
- There is no need to panic. Most cases of COVID-19 will be similar to either a mild or bad bout of flu. However, you should monitor your symptoms, and the symptoms of those who are self-isolating with you. If you do begin to feel worse, for example if you have difficulty breathing, then please contact the hospital on 66252.
- Once you have been asked to self-isolate by the hospital you should telephone the police on 66225 or 66412 to inform them you are self-isolating, and provide details of anyone else who may be self-isolating with you. AIG will do daily telephone monitoring checks to ensure all is well whilst you are self-isolating, and to check if any supplies or assistance is needed.
- You should also inform your employer, and a few friends or family members. Whilst self-isolating at home it may be necessary to ask them to get essentials for you from the shop, such as groceries, medicines or other critical supplies. It is perfectly safe for them to do so. Just ask that they leave items outside the door for you to collect, and avoid direct contact with anyone providing assistance. Please do not exchange money with them whilst you are self-isolating.
- Do not have any visitors to your home during your period of self-isolation.
- It is important to continue to practice good hand hygiene, washing hands thoroughly with soapy water regularly, and good cough hygiene, cough into a clean tissue and disposing of it straight away, even whilst in self-isolation.
- If you need to empty your bins please take your rubbish bag and tie it off securely, place it inside another rubbish bag and then leave it outside for 72 hours (three days) before taking it to the communal bin for collection. This will ensure that any virus that may be still be alive on tissues or other items in the bin will no longer be able to transmit to others.
- If you have pets, take extra care to ensure they do not come into contact with anyone who is not self-isolating with you.
- Keep in contact with friends and family by phone or messaging services. This will help you to avoid feeling lonely, whilst also letting them know you're OK.