

## Information about self-isolating - for people who are being tested for COVID-19 and have been told they need to self-isolate while waiting for their result

<p><b><i>While you wait for your test result you need to isolate yourself as much as possible, to protect those around you.</i></b></p>	<ul style="list-style-type: none"> <li>• <b>Stay at home except</b> for getting medical care. Do not go out in the community. If travel to see a health professional is required use private transport (unless you need an ambulance). Wear a mask or face covering to attend the healthcare facility and tell them in advance that you are in self-isolation.</li> <li>• <b>Separate yourself from other people in your home</b> as much as you can. Stay 2 metres away and if you can, stay in a specific room, away from others in your home. Limit the number of contacts within your bubble, ideally to one person who is in good health.</li> <li>• <b>Wear a face mask or face covering.</b> It is recommended that everyone in the house has face covering.</li> <li>• <b>Avoid sharing household items.</b> Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them. After using these items, wash them thoroughly. Use a separate bathroom, if possible. Clean and disinfect bathroom and toilet surfaces often with regular household disinfectant.</li> <li>• <b>Clean and disinfect high touch surfaces</b> such as door handles and benches with an antiseptic wipe or regular household disinfectant well and often</li> <li>• <b>Do not have visitors in your home.</b> People who drop things off to you should leave them on the doorstep. If it is urgent to speak to someone you don't live with, do this by phone.</li> <li>• Talk to your employer, friends and family to ask for their <b>help to access the things you need.</b></li> </ul>
<p><b><i>How can I protect myself and others from COVID-19?</i></b></p>	<ul style="list-style-type: none"> <li>• <b>Wash your hands</b> often through the day with soap and water, and dry them well. Use hand sanitiser if soap and water aren't available.</li> <li>• <b>Cover your coughs and sneezes</b> with disposable tissues, or cough or sneeze into your bent elbow. Place used tissues in the rubbish bin, wash your hands thoroughly with soap and water, then dry them well.</li> <li>• <b>Maintain your distance</b> from others whenever possible</li> </ul>