

❖ Ending Self-Isolation

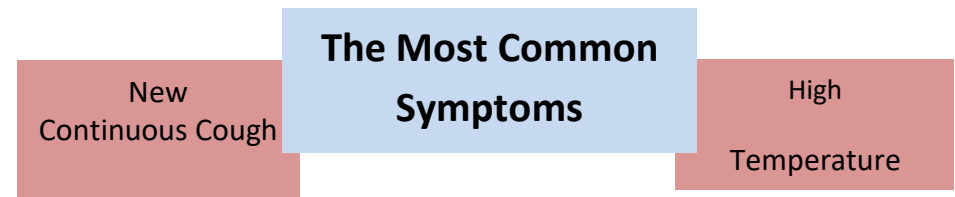
- If you have been symptomatic, then you may end your self-isolation after 7 days. The 7 day period starts from the day when you first become ill.
- If living with others, then all household members who remain well may end household-isolation after 14days. The 14 day period starts from the first day that the first person becomes ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14days are unlikely to be infectious.
- After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine. If any other family members become unwell during the 14 day household-isolation period, they should follow the same advice-that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

❖ Useful Links

- ✓ <https://phw.nhs.wales/>
- ✓ https://www.diabetes.org.uk/in_your_area/wales -Telephone-0345 123 2399
- ✓ www.mind.org.uk/about-us/mind-cymru/ -Telephone-01443 816945/Telephone-01633 258741
- ✓ www.ageuk.org.uk/cymru/gwent/ -Telephone-01633 763330
- ✓ www.asthma.org.uk/advice/triggers/coronavirus-covid-19/ -Telephone-0300 222 5800
- ✓ www.blf.org.uk/ -Telephone-03000 030 555
- ✓ <https://www.samaritans.org/wales/samaritans-cymru/> -Telephone-116 123

Coronavirus (COVID - 19)

Information for people with long term conditions or who are pregnant, their family members and care givers



The most common symptoms of Coronavirus (Covid-19) are recent onset of a new continuous cough and/or high temperature.

If you have symptoms of Coronavirus illness (COVID-19), however mild, and live alone stay at home for 7 days from when your symptoms start.

If you live with others and you or one of the household have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14 day period starts from the day when the first person in the house becomes ill.

It is likely that people living within a household will infect each other or be infected already. For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

If you have coronavirus symptoms:

- **DO NOT** go to the GP surgery, pharmacy or hospital
- You **DO NOT** need to contact 111 to tell them you're staying at home. Testing for the coronavirus is not needed if you're staying at home.

If you feel you are unable to cope with the symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service.

People over the age of 70, those with a long term condition or who are pregnant are being encouraged to self-isolate to protect themselves.

❖ Prevention

Avoid contact with anyone who has symptoms in particular those with a cough or high temperature.

- Take all your regular medication and inhalers as prescribed.
- Follow any advice given by your nurse, doctor or midwife.
- Wash your hand frequently each day with soap and water for 20 seconds. This will help to protect you and anyone around you.
- Cover coughs and sneezes. Cover your mouth and nose with disposable tissues. If you do not have one to hand, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water or hand sanitiser.
- Avoid all social activities including going to pubs, restaurants, theatres, cinemas, social gatherings and using public transport.
- Limit visitors to your home. Do not invite or allow social visitors, such as other friends and family, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or social media.
- Try to keep physically active at home to ensure good physical condition.
- Quitting smoking will be beneficial and can improve oxygen levels.

❖ Self-Isolating

- Create a contact list with phone numbers of neighbours, employer, chemist, GP surgery and NHS services.
- Have enough groceries and household items, approx. 2-4 weeks supply.
- Set up online shopping accounts or ask your friends and family to help you get things you need to stay at home.
- Ensure you have enough supply of your regular medication. Contact your GP surgery or pharmacy if you do not.
- If you live alone and have no support ask for help from care providers such as social services or charitable organisations to ensure that you can successfully stay at home.
- We know that staying at home for a prolonged period can be difficult, frustrating and lonely for some people and that you or other household members may feel low. It can be particularly challenging if you don't have much space or access to the garden.
- It is important to remember to take care of your mind as well as your body and to get support if you need it. Stay in touch with family and friends over the phone or on social media.
- Think about things you can do during your time at home. People who have not minded staying at home for a week have kept themselves busy with activities such as cooking, reading online learning and watching films. If you feel well enough you can take part in light exercise within your home or garden.

By staying at home, you are protecting yourself and the lives of others