The information in this leaflet is for people who:
• are self-isolating at home because they have symptoms of Coronavirus (COVID-19)
• are waiting to be tested for Coronavirus
• have been tested and are positive for Coronavirus
• have been tested and are negative for Coronavirus

What is self-isolation?
We are not testing everyone with symptoms of Coronavirus but this does not mean that you do not have Coronavirus. Even if you have mild symptoms you can still spread Coronavirus to others. **We are asking everyone with symptoms of Coronavirus to self-isolate for 14 days from when they first get symptoms.**

Self-isolation means you stay at home and avoid contact with other people, including those in your household. The advice on self-isolation below will help control the spread of Coronavirus.

What kind of symptoms could I expect to feel with Coronavirus?
Not everyone who has Coronavirus will have the same symptoms. Four in five people who get it will have mild symptoms. They will recover on their own at home with rest and care.

**Symptoms of Coronavirus**

**Very common symptoms** are fever, fatigue, any kind of cough or muscle pain.

**Less common symptoms** are sore throat, mild shortness of breath, runny or blocked nose, or headache.

**Occasional symptoms** are diarrhoea, nausea or vomiting.

**Watch out for signs that you are getting worse:**
• If you start to feel very unwell, especially if your breathing changes or becomes difficult, telephone your doctor immediately.
• If you are very short of breath and cannot reach someone, call the emergency services on 112 or 999.
Keep yourself safe and well while self-isolating at home

• It is very easy to become anxious and lonely when you have to spend time on your own. But remember, you can always pick up the phone and call a friend. For more information on minding your mental health during the Coronavirus outbreak go to www.hse.ie or www.yourmentalhealth.ie
Older people can telephone the charity Alone on 0818 222 024 from Monday to Sunday, 8am to 8pm.
• Try and keep active by getting up and moving around as much as possible. If you have your own outdoor space, you can go out to get some fresh air but please keep away from other people, including neighbours. Keep a distance of at least 1 metre (3ft) but where possible 2 metres (6 feet) from other people.
• Eat well and drink plenty of fluids to keep you hydrated.
• Take paracetamol for your fever, muscle aches or headaches.
• Avoid alcohol if you are feeling unwell.
• Do not smoke or vape.
• Make sure you have someone to check in on you regularly to make sure you are well.

Keeping everyone safe and well while you self-isolate at home

1. Stay at home
• Do not go out except if you have your own outdoor space to get some fresh air.
• Phone family or neighbours and ask for help if you need groceries, other shopping or medications.

2. Keep away from other people in your home as much as you can
• Stay in a separate room with a window you can open, if possible.
• If you have to go into the same room with other people at home you should try to keep at least 1 metre (3 ft) and where possible 2 metres away from them. Wash your hands regularly. When you cough or sneeze, cover your mouth and nose with a clean tissue. Put used tissues into the bin. Use the inside of your elbow if you don’t have a tissue.
• If you can, use a separate toilet and bathroom to the rest of the people in your home.
• If you don’t have your own toilet and bathroom, make sure to keep the toilet and bathroom very clean (see advice below).

3. Clean your hands
• Clean your hands regularly. This is one of the most important things you can do.
• Try not to touch your face.

4. Cover your coughs and sneezes
• Cover your mouth and nose with a tissue when you cough or sneeze.
• Place used tissues into a plastic waste bag (see note below for managing rubbish), and immediately clean your hands with alcohol hand rub or wash your hands with soap and water for at least 20 seconds.
5. Do not share things

- Do not share food, dishes, drinking glasses, cups, knives, forks and spoons or other items with other people in your household.
- Wash kitchen items in a dishwasher or with washing up liquid and hot water, after use. If you are not well enough, someone else in the house can do this for you. The person should use household or rubber gloves if available. Wash and dry the gloves after each use. They should wash their hands thoroughly with soap and water after taking off the gloves.
- Do not share towels, bedding or other items with other people in your household (see laundry advice below).
- If you cough or sneeze on a screen, a phone, or game console, wipe the screen clean immediately.

6. Do not have visitors in your home

- Do not invite or allow unnecessary visitors to come into the home.
- If someone urgently needs to come to the house, keep at least 1 metre (3ft) and where possible 2 metres (6.5ft) away from them and advise them that you are not well.

7. Toileting and bathing

- If possible use a toilet that no one else is using.
- If that is not possible and you do not have your own toilet or bathroom, clean your hands before entering, after using the toilet and before you leave the room.
- If you have a bath or shower, clean any surfaces you have touched afterwards.
- Do not share your towels with anyone else.

8. Household cleaning

- All surfaces, such as counters, table-tops, doorknobs, banisters, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, should be cleaned every day with a cleaning product.
- Use your usual household products, like detergents and bleach as these are very good at getting rid of the virus. Follow the instructions on the manufacturer’s label and check they can be used on the surface you are cleaning.
- Wear household or rubber gloves, if you have them, when cleaning surfaces or handling dirty laundry. Wash and dry them after use. Always wash your hands after you take off the gloves.
- Wash reusable cleaning cloths in a hot wash cycle of a washing machine after use.
- Put disposable gloves and cleaning cloths in a plastic waste bag after using them (see advice about managing rubbish below).

9. Laundry

- Wash laundry at the highest temperature that the material can stand.
- Tumble dry items and iron using a hot setting or steam iron.
- If you have household or rubber gloves you can wear them when handling dirty laundry. Hold laundry items away from yourself.
- Wash your hands after handling dirty laundry, whether you used gloves or not.
- Do not send laundry to a laundrette.

10. Managing rubbish

- Put all your personal waste including used tissues and all cleaning waste in a plastic rubbish bag.
- Tie the bag when it is almost full, place it into a second bin bag and tie it.
- Once the bag has been tied securely leave it somewhere safe and secure. The bags should be left for kept somewhere safe for three days before putting them out for collection by your waste company.
- You can put your other household waste out for collection without any delay.
How long do I have to self-isolate for:

If you have symptoms but are not going to be tested:
You can stop self-isolating at home after 14 days since you first developed any symptoms and you have had no temperature for the last 5 days.

If you had the test and have Coronavirus:
You can stop self-isolating at home after 14 days since you first developed any symptoms and you have had no temperature for the last 5 days.

If you had the test and Coronavirus was not detected:
It is possible that you have another infectious illness, such as flu. To reduce the risk of spreading that infection, continue to self-isolate, wash your hands regularly and sneeze and cough into a tissue until 48 hours have passed since you had symptoms. After 48 hours without symptoms, you can stop self-isolating.

What should my household members do?
They should follow the advice provided in the leaflet ‘Advice for people who share the same home with someone who has symptoms of Coronavirus.’ People in the household need to restrict their movements for 14 days after you started to self-isolate. This means they should stay at home and avoid other people as much as possible.

If your test shows you don’t have Coronavirus, they can return to normal activities straight way, following the current Government advice.

What happens if there are children in the house?
• Do your best to follow this advice however we understand it may not always be possible.
• Children can get Coronavirus but in most cases they don't get very sick.
• If your child develops symptoms, they need to stay home until they have had no temperature for five days and after 14 days since they first developed any symptoms.

Can my pets get Coronavirus?
• So far we have no strong evidence that pets such as dogs and cats can get Coronavirus.
How to Handwash?

0. Wet hands with water;
1. Apply enough soap to cover all hand surfaces;
2. Rub hands palm to palm;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Rinse hands with water;
9. Dry hands thoroughly with a single use towel;
10. Use towel to turn off faucet;
11. Your hands are now safe.

Visit HSE.ie for updated factual information and advice, or call 1850 24 1850