



Household Isolation for Coronavirus

AS PER 16TH MARCH 2020 PUBLIC HEALTH ENGLAND
GUIDANCE

What are the symptoms?

New continuous cough and/ or

High temperature (over 37.8 C)

Stay at home



For seven days from onset of symptoms if living alone



If living with others, the **whole** household must stay at home for 14 days

Why it's important to stay at home

Will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

If possible, you should not go out even to buy food or other essentials.

The 14-day period starts from the day when the first person in your house became ill.

Stay at home



You and all household members should remain at home.



Do **not** go to work, school, or public areas.



Do **not** use public transport or taxis.



You can exercise a safe distance from others.

Tips on staying at home



Friends

Ask friends or relatives for help with groceries, other shopping or picking up medication, or walking a dog.



Medication

Order medication by phone or online.



Shopping

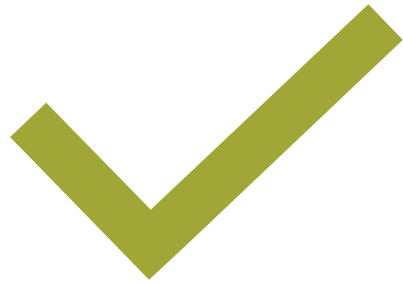
Order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.



DWP

If you are an employee and unable to work due to coronavirus, please refer to DWP guidance.

Living with Children



Keep following this advice



From current evidence
children are mildly affected

Vulnerable
People

Aged 70 or older

Under 70 with long term
condition

Pregnant

Under 70 with long term condition

Respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis

Chronic heart disease, such as heart failure

Chronic kidney disease

Chronic liver disease, such as hepatitis

Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy

Diabetes

Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed

A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy

Being seriously overweight (a BMI of 40 or above)

High Risk Individuals

People who have received an organ transplant and remain on ongoing immunosuppression medication

People with cancer who are undergoing active chemotherapy or radiotherapy

People with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment

People with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)

People with severe diseases of body systems, such as severe kidney disease (dialysis)

Living with a vulnerable person



Minimise as much as possible the time any vulnerable family members spend in shared spaces



Aim to keep 2 metres (3 steps) away



Encourage them to sleep in a different bed where possible.



If they can, they should use a separate bathroom from the rest of the household.



Make sure they use separate towels from the other people in your house, both for drying themselves after bathing and for hand-hygiene purposes.



If you do share a toilet and bathroom, clean them every time you use them.



Try and let vulnerable person use the facilities first.

Cooking and Utensils



If you share a kitchen with a vulnerable person, avoid using it while they are present.



If they can, they should take their meals back to their room to eat.



If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery.



If this is not possible, wash them using your usual washing up liquid and warm water and dry them thoroughly.



If the vulnerable person is using their own utensils, remember to use a separate tea towel for drying these.

Breastfeeding

There is currently no evidence to suggest that the virus can be transmitted through breast milk.

Infection can be spread to the baby in the same way as to anyone in close contact with you.

The current evidence is that children with coronavirus get much less severe symptoms than adults.

The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breast milk or by being in close contact;

however, this will be an individual decision and can be discussed with your midwife, health visitor or GP by telephone.

If you or a family member are feeding with formula or expressed milk, you should sterilise the equipment carefully before each use.

You should not share bottles or a breast pump with someone else.

Cleaning

Use your normal household products



Clean surfaces like door handles and rails



Personal waste such as tissues can go in a securely fastened black bag.



Place in an additional bag and keep separate from other household waste for 72 hours.



Then dispose with your usual waste.

Laundry

Minimise

Minimise spread of virus by not shaking dirty laundry.

Wash

All dirty laundry can be washed in same load in your usual way.

Wait

If no washing machine, wait 72 hours after isolation period then take to launderette.

Help yourself
get better

Drink lots of water –
keep your urine a pale
colour

Take over the counter
medication like
paracetamol if needed



Seek prompt medical attention if your illness or the illness in any household members is worsening.



If it's not an emergency, contact NHS 111 online at 111.nhs.uk.



If you have no internet access, you should call NHS 111.



If it is an emergency and you need to call an ambulance, dial 999 and inform them that you or your relative have coronavirus symptoms.

Medical
advice if
getting worse

Dental and Hospital Appointments

All routine medical and dental appointments should usually be cancelled whilst you and the family are staying at home.

If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first, using the number they have provided.

Wash your hands often

Cover your coughs and sneezes

Facemasks not recommended in the house

Do not have visitors in your home

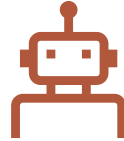
No evidence pets can be infected



Stay in touch with family and friends over the phone or on social media.



There are also sources of support and information that can help, such as the Every Mind Matters website.



Keep 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 home, you are protecting the lives of others, as well as making sure the NHS does not get overwhelmed.

Looking after your wellbeing

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 became ill.

Ending household-isolation

If living with others, then all household members who remain well may end household-isolation after 14 days.

The 14-day period starts from the day illness began in the first person to become ill.

Fourteen days is the incubation period for coronavirus;

People who remain well after 14 days are unlikely to be infectious.

Household Isolation

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 —

i.e. 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.

Late symptoms

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (eg on day 13 or day 14) **the household isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days.**

The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to re-start 14 days of isolation for the whole household.

This will have provided a high level of community protection.

Further isolation of members of this household will provide very little additional community protection.

End of 14 Day Period

At the end of the 14-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact [NHS 111 online](#). If your home has no internet access, you should call NHS 111.

The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to self-isolate for more than 7 days.

Summarised from **Stay at home: guidance for households with possible coronavirus (COVID-19) infection**

See <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection> for full guidance

This summary has been made in good faith to aid understanding of the key messages. The full guidance should be referred to in all instances.

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