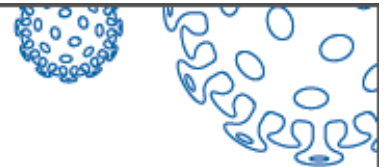




**St Helena
Government**

Self-isolation

Advice for patients with & without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.



Isolate yourself



Stay in your home or accommodation, do not go to work, school or other public areas



Separate yourself from others in your home or accommodation



Do not have visitors in your home or accommodation



Use separate facilities if sharing, these should be cleaned before use by others



Have food, medication & other supplies delivered to you



Try to keep away from your pets. If unavoidable, wash your hands before & after contact

Prevent the spread of infection



Cover coughs & sneezes with a tissue



Place the tissue in a bin



Wash your hands with soap & water



Use separate household items like towels, bedding, toothbrushes, cups & dishes



Wear a mask when you are around others, if you have been told to do so

Wash hands with soap & water:



Before cooking & eating



After using the toilet

Take care of your health & wellbeing

For those with symptoms of infection:



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take paracetamol as advised, to reduce pain & fever

For everyone in self-isolation:



Keep in contact with friends & family by phone, video & online



Carry on hobbies & interests within your home if you are able to



Take regular exercise within your home if able

Seek help if you develop symptoms or existing symptoms get worse (e.g. difficulty breathing) by calling **25707**. In an emergency, call 911.