



## Home Quarantine - Advice Sheet

This advice sheet has been created by the Health Directorate about your quarantine at home due to the Covid-19 global pandemic.

### Why Quarantine Is Very Important For St Helena

People who could potentially have Covid-19 or have been in close contact with someone who could potentially have it are directed to stay in one place away from others, this is called quarantine. Everyone in the household will be required to stay in quarantine at home.

Quarantine helps to protect your family, friends and the wider community from the risk of Covid-19 as it reduces the risk of spreading the virus on island. Your actions will help with the efforts to keep St Helena safe. Quarantine will last at least 14 days.

If someone begins to experience symptoms of Covid-19 or a test confirms they have the virus they will be asked to self-isolate. This means that the person should completely separate themselves from all other people including those in their own household and have no contact with anyone else. They may need to move to another location, such as the Bradley's Hospital, until they are well again. The amount of time someone is required to self-isolate will be determined by a Doctor after assessment of the situation.

People in quarantine or self-isolation will have daily telephone contact with a member of the Health Team. During these calls we will monitor any symptoms, check on your general wellbeing and assist you in addressing any practical challenges of being in quarantine or self-isolation.

### What You Should Do During Quarantine

There are some important steps that you should take during your quarantine to reduce the risk of spreading Covid-19:

- You should remain within the boundary of your property for the entire 14 day period of quarantine.
- Everyone in your household should remain at home for the entire 14 day quarantine period. You should try to keep your distance from others in the household as much as possible.
- It is recommended that you all sleep alone in separate bedrooms if possible.
- Do not go to work, school, shops or public areas. Do not use public transport, work vehicles, taxis or go out in your own private vehicle.

- Do not invite or allow any visitors, including friends and family, to enter the property boundary. If you want to speak to someone who is not quarantining with you, then you should use the phone or social media.
- Ask family, friends, neighbours or local shops to get any provisions such as groceries or medications that you require; these should be delivered to the boundary of your property.
- If you have a private garden you can spend time in it as long as you remain at least two metres away from anyone else's property or boundary and you do not go across any communal or shared areas to get to it.
- If you live in a flat you should not go into any communal areas; such as stairways, corridors and gardens.
- Regularly clean your home. Be sure to frequently wipe down all surfaces including door handles and light switches.
- Wash your hands regularly for 20 seconds, each time using soap and water. This step is one of the most effective ways of reducing the risk of infection to yourself and others.
- Avoid touching you mouth, nose and eyes.
- Cover coughs and sneezes with a disposable tissue, dispose of used tissues immediately in a bin.
- All routine medical and dental appointments should be cancelled during your quarantine or self-isolation period.

Each day, generally between 9am and 11am you will receive a telephone call from a member of the Health Team. During this call you will be asked about any symptoms you are experiencing and your general well-being. It is also an opportunity for you to raise any questions or queries you have. If you are reliant on a mobile phone please make sure it is charged, switched on and to hand during these times.

### **Symptoms of Covid-19**

For most people with COVID-19 symptoms will be mild. The most common symptoms of COVID-19 are the recent onset of: **New Continuous Cough and/or a High Temperature.**

**If you begin to feel unwell or are experiencing symptoms of COVID-19, however mild, immediately go into a separate room by yourself. You should call the Hospital on tel: 22500. It is important that you tell the operator that you are in quarantine at home and need to speak to the Duty Doctor.**

During your daily call you will be asked about any symptoms that you are experiencing; it is really important that you tell us about any symptoms, however mild, so that we can most effectively care for you and the community. If you tell us you are experiencing any symptoms this information will be given to the Senior Medical Officer who will then contact you to assess your health and decide on any follow up actions or treatment needed. This may include being moved to the Hospital section of Bradley's to self-isolate and receive appropriate medical treatment.

## General Wellbeing

Quarantine is an unusual experience and as such this can be a worrying time for people. The Mental Health Team have produced a leaflet which gives some suggestions about how to stay well during your quarantine period. If you would like to talk with anyone from the Mental Health Team then let us know during your daily call and we can arrange this for you.

- Make sure that you keep in touch with friends and family over the phone.
- Physical exercise is good for your wellbeing, consider exercises or stretches that you can perform within your home. If you have a physio plan then you should try to follow this if possible.
- Try to create and maintain a routine (e.g. getting up at a set time every morning), this will help create some structure during your quarantine.
- Try to keep yourself busy throughout each day; activities that you can do in the home include things such as cooking, reading, exercise, playing cards and watching films.
- Drink water to keep yourself hydrated. Your urine should be a pale clear colour.

## Cleaning Your Home

Whilst you are in quarantine you should regularly, at least daily, clean your property to reduce the risks of spreading any potential virus. Usual household cleaning products, such as disinfectants and bleach, are very effective at getting rid of the virus on surfaces.

A regular household disinfectant or a diluted bleach solution (1 part bleach to 99 parts water) should be used for all cleaning. For surfaces that cannot be cleaned with bleach, 70% ethanol can be used.

It is important that regularly touched surfaces such as door handles, light switches, telephones, remote controls, bathroom surfaces, toilets and bedroom furniture are cleaned at least daily with a disinfectant or diluted bleach.

If you are sharing the bathroom with another person it is important that you clean the bathroom, with a disinfectant or diluted bleach solution, every time after you have used it. This includes wiping all surfaces you have come into contact with including the toilet

and sink. Make sure you use separate towels from other people in the household, both for drying yourself after bathing or showering and for hand-hygiene purposes.

If possible keep your home well ventilated by keeping windows open.

Wash your crockery, cutlery and kitchen utensils using your usual washing up liquid and warm water and dry them thoroughly, remembering to use a separate clean tea towel.

## **Disposal of Waste**

During your quarantine period you should not put your external waste 'wheelie' bin out for collection.

If you usually make use of a communal waste bin you should not use this during your quarantine period. Let us know so that we can organise a separate external waste bin for your household to use during your quarantine period.

Personal waste, such as used tissues and disposable cleaning cloths should be double bagged, tied securely and kept separately for 72 hours in your own room before being placed in the external waste bin.

## **Laundry**

You should regularly wash your clothes, bed-linens and towels during your quarantine period. Do not shake dirty laundry; this minimises the possibility of dispersing any virus through the air.

If you have a washing machine you should use your usual detergent in a 60-90°C wash cycle.

If you are hand washing you should use your usual detergent in hot water.

Laundry can be dried as usual.

If you are using a laundrette or someone else does your laundry for you, then you should wait a further three days after your quarantine period ends before taking your laundry to be washed.

## **Children, People Who Require Care and Vulnerable People**

We understand that it will be difficult for some people to distance themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

During the quarantine period children should not attend school, groups or go to other homes or public areas to play or meet friends or family. Quarantine can be an unsettling and worrying time for children so it is important you try to reassure and support them. During term times your children's school may be able to provide some

school work for your child to complete at home; you can find out more by phoning their school office.

If you have external care, respite or support workers coming to your property you should notify your Social Worker or Social Care Officer that you are now in quarantine at home. They will not visit your property during the quarantine period. If you believe that you need ongoing support from them during your quarantine period you should discuss this with the Adult Support Team tel: 23172 or Child Services tel: 23312 if the support is provided for a child.

## Caring for Your Animals and Pets

At this time, there is no strong evidence that animals or pets play a significant role in spreading COVID-19. Based on the limited data available, the risk of pets spreading COVID-19 to people is considered to be low. However if you have pets or keep animals of any kind there are some things to consider while you are in quarantine:

- You should wash your hands before and after you interact with your pets or animals.
- You will not be able to take your dog/s out for a walk during your period of quarantine. Other people can walk your dog for you but they should have no contact with you when collecting the dog/s. If possible they should keep the dog's lead during the quarantine period to minimise possible contamination and wash their hands before and after handling the dog.
- If you have animals or livestock at a place other than at your own home, you will need to make arrangements for someone else to care for the animals during your quarantine period as you will not be able to leave your property to care for them.
- You should not leave your property to collect animal feed. You should make arrangements with someone else to collect this if required.
- If your animals or pets require urgent veterinarian attention you should call Veterinary Services and be sure to advise them that you are in quarantine linked to Covid-19. All routine non-urgent appointments should be cancelled.

## What to do if someone in the household develops symptoms of Covid-19.

If someone in your household becomes unwell or shows signs of Covid-19 then they should immediately go into a separate room and keep the door closed in order to isolate themselves from the rest of the household. You should call the Hospital on tel: 22500 and ask to speak to the Duty Doctor. **If the person is struggling to breathe you should call 911**; be sure to tell them that your household is in quarantine linked to Covid-19.

### **You must not attend the hospital or any country clinic.**

When you speak with the Duty Doctor you will be given further advice as to how to manage any symptoms and keep well. A person who is unwell or shows symptoms of Covid-19 should:

- Stay in a separate room away from the rest of the household.

- Sleep separately from the rest of the household.
- Avoid all contact with anyone in the household who is particularly vulnerable to Covid-19; this includes people in the household with a chronic illness, weakened immune system due to treatment or medication, the very young (less than one year old), people aged over 65 years and pregnant women. If contact cannot be avoided alternative accommodation will be considered.
- Not go into other communal areas, such as the kitchen, bathrooms, lounges, verandas and the garden whilst other members of the household are in them. Minimise time in shared spaces and ensure they are thoroughly cleaned once they have been in them.
- Keep their individual room and the house well ventilated by opening external windows.
- Use a separate bathroom if possible. If not they should thoroughly clean the bathroom every time after they have used it.
- Use separate towels from the rest of the household.
- Eat their meals in their own room away from the rest of the household. If someone else can prepare their food then it should be left outside the door to their room for them to collect. Use separate dishes, cutlery and glassware that they then wash themselves.
- Keep any used tissues or disposable cleaning cloths double bagged in their room for 72 hours before putting them in the external waste bin.
- Stay away from any household pets or animals.
- Keep a telephone or mobile phone with them in their own room if possible.

It is really important that the person that is unwell or displaying symptoms keeps themselves isolated from the rest of the household as much as possible.

## Other Services

**Pharmacy:** Prescribed medications can be pre-ordered by calling the Pharmacy on tel: 22500. Medications can then be collected by family or friends on your behalf.

**Social Benefits and Pensions:** If you usually collect your pension in cash you should call the Benefits Office on tel: 22605 to discuss alternative arrangements during your period of quarantine.

**Enterprise St Helena:** ESH is available to support employers in helping them to understand the e-sick note process should they need help. Employers can contact Rob Midwinter on tel: 22920.

**Groceries and Food Deliveries:**

- The Rose and Crown are offering a grocery delivery service to homes, orders can be made by calling Tina on tel: 22427.
- Thorpe's Grocery Shops are offering a grocery delivery service to homes, orders can be placed by calling Henry on tel: 22781.
- Rosie's Taste for Life Restaurant is offering cooked food deliveries, orders can be made by calling tel: 25507.

Please make sure you tell delivery drivers to leave items outside of your property for collection. The delivery driver should not come into your property.

Adapted from [Stay at home: guidance for people with confirmed or possible coronavirus \(COVID-19\) infection](#) Public Health England (PHE). Last updated 18th June, 2020.

## Quarantine – Summary Sheet

(It may be helpful to put this somewhere prominent such as your fridge!)

Do not leave your property at all during your quarantine period

Everyone in the household must stay home for the full 14 days

Try to keep your distance (at least 2m) from others at home

Frequently clean your home – particularly surfaces and bathrooms

Do not have any visitors to your home

Get help from others to get groceries and medications if needed

Try to maintain a routine at home to add structure to your days

Each day try to do some exercise at home

Remember to double bag used tissues and disposable cleaning cloths

Do not put your external waste bin out for collection during your quarantine period.

Every day during your quarantine, someone from the Health Team will call you to monitor any symptoms and assist you in understanding your quarantine



If someone becomes unwell or experiences symptoms of Covid-19 (fever and cough) isolate them in a separate room and call the hospital on tel: 22500

If you need emergency medical attention then call 911 and be sure to tell them that you are in isolation at home linked to Covid-19