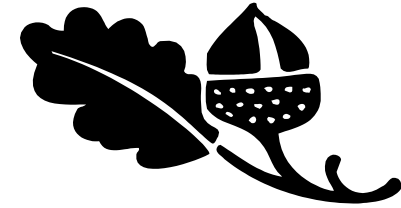


Patient Self Isolation Leaflet—Oak Lodge Medical Centre



If you have travelled back from an area where the coronavirus is known to be present and have symptoms, you may have been asked to take a COVID-19 test. Whilst waiting for the results of tests for COVID-19 coronavirus infection, you will be advised by your local health protection team and your doctor to stay at home and self-isolate.

How do I self isolate?



Stay at home, do not go to work, school or public areas, do not use public transport like buses, trains, tubes or taxis, avoid visitors to your home, ask friends, family members or delivery services to carry out errands for you – such as getting groceries, medications or other shopping

What if I get symptoms during those 14 days?

If you experience a cough, a fever, or breathing difficulties, call NHS111 and tell them you are being asked to self-isolate because of coronavirus?

Call NHS 111 if any have any questions

DO NOT VISIT THE PRACTICE DURING THIS PERIOD



It is important that you separate yourself from other people in your home and if you share facilities like toilets and bathrooms, regular cleaning will be required.

You should stay in a well-ventilated room with a window that can be opened, separate from other people in your home.

Unfortunately, if you have COVID-19 or are at higher risk of being infected, we must prioritise reducing the risk of transmitting the disease to others, particularly to people who may be more vulnerable such as older people or people with health conditions.

During an outbreak, it is important that we all do everything we can to reduce the risk of further spread of the infection. This will require understanding and support from employers, family members and friends.

Talk to those around you, including your employer, about the importance of self-isolation to reduce the risk of spreading infection at work. If you are well, you can work from home

Make plans with your family and friends on how to manage shopping, dropping children to schools and events

Ask people to not visit your house for your duration; if you need a healthcare or care visit at home during this time, inform them that you are self-isolating in advance so that they can follow their local employers guidance