

**PERSISTENT
COUGH?**

FEVER?

**CHANGE IN
TASTE OR
SMELL?**

**STAY HOME.
GET A TEST.**

STAYING HOME CAN SAVE LIVES.

No one in your household should leave home if any person has symptoms.
Find out how to get a test and how long to isolate at: nhs.uk/coronavirus

**HEALTHY
SANDWELL**
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Sandwell
Metropolitan Borough Council

Self Isolating At Home

Advice for people who have
coronavirus

If you have tested positive for coronavirus or have symptoms you will need to self-isolate. By taking some simple steps you can avoid passing on the virus to the people you live with.

web: healthysandwell.co.uk/covid

email: PHCovid19_Enquiries@sandwell.gov.uk

tel: 0121 569 2266

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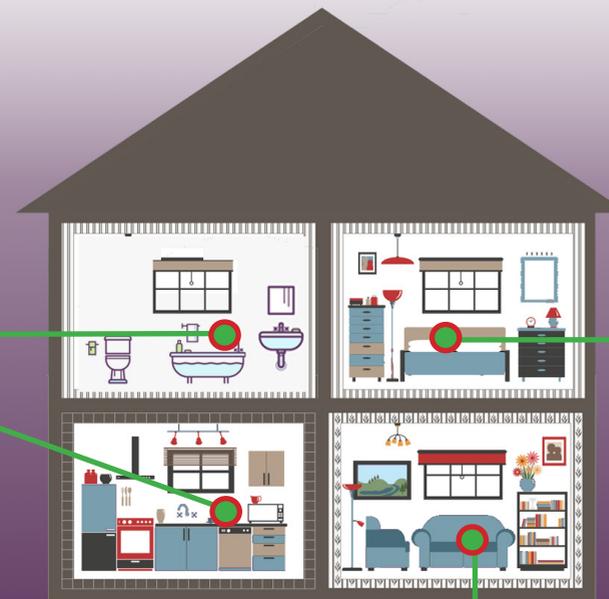
Sandwell
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How to reduce the spread of infection in your home

Try to use shared spaces like kitchens and bathrooms when no one else is there. If that's not possible make sure you wear a face covering and maintain a distance of at least 2 metres.

Do

- ✓ Wash your hands with soap and water often and before touching your face (e.g. eating/drinking/smoking/vaping) for at least 20 seconds.
- ✓ Use hand sanitiser gel if soap and water are not available.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- ✓ Put used tissues in the bin immediately and wash your hands afterwards.
- ✓ Clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products.
- ✓ Consider wearing a face covering when in shared spaces.
- ✓ Keep windows open in the room you're staying in and shared spaces as much as possible.
- ✓ If you have a dishwasher, use it to clean and dry your used crockery and cutlery or any other things you have used such as pots or pans. If not, wash them by hand using detergent and warm water and dry them thoroughly, ideally letting them drip-dry or using a separate tea towel.



Try to be very strict and complete your self-isolation period in a separate room to anyone else you live with.

When using a shared space it is important to clean all surfaces that you have come in contact with. Make sure you clean it every time you use it, for example, by wiping all the surfaces you've touched.

Don't

- ✗ Do not share towels, including hand towels and tea towels.
- ✗ Do not share crockery and cutlery. Remember to wash them thoroughly for the period of your self-isolation.

It's especially important to try to avoid spreading the infection to anyone who's at higher risk from coronavirus (such as people who are 70 or over, pregnant or have a weakened immune system).