



**Updated 19th
March 2020**

Guidance for COVID-19

Advice for those in home self-isolation

You have been advised that you must stay at home in **self-isolation** because:

- You have returned to **Guernsey, Alderney or Sark** and have **no relevant symptoms**; or
- You have returned to **Guernsey, Alderney or Sark** in the **last 14 days** and have **relevant symptoms** but are **awaiting testing** for COVID-19. Once you have been tested you will be **quarantined**.

Updated information, including symptoms of COVID-19, can be found on

<https://www.gov.gg/coronavirus>.

Home self-isolation is deemed appropriate for you because you do not need to be admitted to hospital and because you have agreed to follow the important instructions described below.

1. Introduction

This guidance is for people who are undertaking self-isolation. Please read this guidance carefully.

2. Self-Isolation

Self-Isolation is the act of separating yourself from physical contact with the rest of the community (including those who you live with, where possible) for a specified period of time.

3. Stay at home

You or the person you are caring for should remain in your home, except for getting medical care (see sections 3 and 8 before getting medical care). Do not go to work, school, or public areas, and do not use public transport or taxis until you have been told that is safe to do so. You will need to ask for help if you require groceries, other shopping or medications.



Alternatively, you can order by phone or online. The delivery instruction needs to state that the items are to be left outside, or in the porch, or as appropriate for your home.

4. Separate yourself from other people in your home*

You should stay in a well-ventilated room with a window to outside that can be opened, separate from other people in your home. Keep the door closed. Use a separate bathroom from the rest of the household, if available. If you have to share these facilities, regular cleaning will be required.

If a separate bathroom is not available, consideration should be given to drawing up a bathroom rota for washing or bathing, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves*. Ensure the isolated person uses separate towels from other household members, both for drying themselves after bathing or showering and for hand hygiene purposes.

If you live in shared accommodation (university halls of residence or similar) with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, wearing a facemask if one has been issued to you.

If you share a kitchen with others (such as university halls of residence or similar), if possible avoid using it whilst others are present. If this is not possible then wear a facemask if you have been issued with one. Take your meals back to your room to eat. Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

It is important to ensure other members of your household are aware of the advice in relation to self-isolation.

5. Call ahead before visiting your doctor

All medical appointments should be discussed in advance with your designated medical contact, using the number that has been provided to you. This is so the surgery or hospital can take steps to minimise contact with others.

***if able or appropriate**



6. Wear a facemask if advised to

If you have been provided with facemasks, then you should wear the mask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

7. Cover your coughs and sneezes

- Cover your mouth and nose with a disposable tissue when you cough or sneeze.
- Carers of others undergoing testing for 2019-nCoV infection should use disposable tissues to wipe away any mucus or phlegm after they have sneezed or coughed.
- Dispose of tissues into a plastic waste bag (see waste section for managing rubbish), and immediately wash your hands with soap and water for at least 20 seconds rinse and dry thoroughly.
- Carers should wash their hands as well as helping the person they are caring for following coughing or sneezing.

8. Wash your hands

Wash your hands or assist the person you are caring for in washing their hands. This should be done often and thoroughly with soap and water, for at least 20 seconds, rinse and dry thoroughly. The same applies to those caring for anyone that is being tested for SARS-CoV-2. Avoid touching your eyes, nose, and mouth with unwashed hands.

9. Do not have visitors in your home

Only those who live in your home should be allowed to stay. Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with your designated medical contact first. If it urgent to speak to someone who is not a member of your household, do this over the phone.

10. Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home once you have used them (or after your child or the



person you are caring for has used them). After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery.

11. Monitor your symptoms (or the person you are caring for, as appropriate)

Seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the person you are caring for has a worsening of symptoms. If it's not an emergency, you should call 01481 756938 or 01481 756969.

If it is an emergency and you need to call 999 for an ambulance, inform the call handler or operator that you are being tested for SARS-CoV-2 (or that you are caring for someone being tested for SARS-CoV-2, as appropriate).

12. Waste and laundry

All waste that has been in contact with the individual, including used tissues, and masks if used, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied.

Do not dispose of it or put it out for collection until you know that you or the person you are caring for does not have novel coronavirus. Should the individual test positive, you will be instructed what to do with the waste.

Laundry, bedding and towels should be placed in a plastic bag and washed once it is known that the tests for SARS-CoV-2 are negative. If this is not possible and you need to wash the laundry at home then wash all laundry at the highest temperature compatible, using laundry detergent. This should be above 60 degrees C. If possible, tumble dry and iron using the highest setting compatible with the fabric.

13. Sickness Benefit

If you are employed, contact your Human Resources (HR) department or the relevant individual to get advice on your employer's policy for sickness benefits in this scenario.

Individuals who are self-isolating following Public Health advice **do not** need to see their GP or provide a medical certificate (sick note) to make a claim for sickness benefit. As long as an individual is following Public Health advice, they can make a claim by contacting Incapacity



Benefits on tel 01481 732507 or at benefits@gov.gg. Social Security will be taking claims digitally wherever possible so that claims can be made while self-isolating.

These kind of claims will generally only be valid for 14 days or until the individual receives a negative test result for COVID-19.

If an individual does not have any symptoms that would prevent them from working and is supported to work while self-isolating by their employer, for instance at home on a laptop, they will not be eligible for sickness benefit.