



Advice for people in same household as a patient in home isolation who is waiting for COVID-19 test results

Advice sheet

1. Wash your hands frequently

Wash your hands often and thoroughly with soap and water, especially if you are caring for and/or handling items of the person who has been tested. You can also use an alcohol-based hand sanitiser if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth.

2. Limit contact with the patient as much as possible

3. Ensure that shared spaces (kitchen, bathroom) are well ventilated

Keep windows opened as much as possible

4. Wear a surgical facemask if advised

If you have been provided with surgical facemasks and advised to use them, then you should wear the mask when you are in the same room as the patient. Discard the mask into the household waste/rubbish bin after use and then wash your hands with soap and water.

5. Do not invite visitors into the home

Only those who live in your home should be allowed to stay. Do not invite or allow visitors (such as friends and extended family) to enter. If you think there is an essential need for someone to visit, then discuss it with the patient's named medical contact first.

6. Ensure that individuals at increased risk of severe disease avoid contact with the patient

Anyone who is at increased risk of severe disease should not care for the patient or come into close contact with them. This includes but is not limited to household members who have a chronic condition/disease or who may have a weakened immune system due to treatment or medication, infants (<1 year), age >65 years and pregnant women. Short-term alternative housing may need to be considered for these individuals.

7. Household items

All dishes, drinking glasses, cups, eating utensils, should be cleaned in a dishwasher, if possible, or hot soapy water, after each use.

Do not share clothing, towels, etc. Wash all laundry (clothing, linen, bedding and towels) at the highest temperature for the fabric using laundry detergent. This should be above 60°C. If possible, tumble dry and iron using a hot setting/steam iron. Do not take laundry to a laundrette. Wash your hands thoroughly with soap and water after handling dirty laundry.

8. Toileting and bathing

If possible, the person undergoing testing for novel coronavirus should have their own dedicated toilet and bathroom. If they cannot have their own toilet and/or bathroom, regular cleaning will be required (see below), ideally each time the toilet or bathroom is used.

9. Household cleaning

Clean all surfaces, such as counters, table-tops, doorknobs, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, every day with a household cleaner that is active against viruses and bacteria. Follow the instructions on the product label and check they can be used on the surface being cleaned. Wash hands with soap and water after cleaning surfaces and handling the patients clothing and bedding.

10. Waste

All waste that has been in contact with the patient, including used tissues, and surgical facemasks if used, should be put into 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 patient does not have novel coronavirus. If the patient tests positive, you will be instructed on waste disposal.