**Self-Isolation**

Isolation is staying inside your room, protected from exposure to infection, instead of going out. In the best efforts to keep you well, we are transferring you to a self-contained unit.

Moving to this unit will mean that you will need to self-isolate, AND restrict movement for the next 14 days at least.

There will be staff on site to help you cope with this.

**Do’s**

Have 1 month’s medication with you (Blister-packed) if possible

Stay in your room as much as you can

Wear facemask if you need to be in common areas of the service AND stand at least 1m away from others

Cover your coughs and sneezes using a tissue and throw tissue in the bin

Clean your hands for 20 seconds afterwards & frequently during the day

Open the window in your room for 15-30 mins at least 3 times a day

Clean your room and toilet every day with a household cleaner or disinfectant.

Make sure you have a phone with you and a contact number for staff.

If you have any concerns about your health or you have new symptoms - call your Doctor and let staff know.

Let staff know if you are running out of your medication

Use your own towel - do not share a towel with others.

**Don't**

Do not go out

Do not share your things

Do not use public transport or taxis

Do not invite visitors to your accommodation

Do not stay close to other people