

Coronavirus COVID-19 Self-isolating Public Health Advice

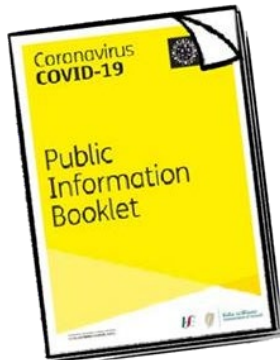


Coronavirus
COVID-19
Public Health
Advice

Information for people living in International Protection Accommodation Service (IPAS)



About this booklet



This booklet is about Self-isolation because of Coronavirus (COVID-19) in Ireland.



The government is trying to slow down how fast Coronavirus (COVID-19) spreads. They can only do this with your help.



Coronavirus (COVID-19) is changing every day. The HSE is keeping you informed everyday on www.hse.ie

Self-isolation



Self-isolation means staying indoors.

You need to completely avoid people in your accommodation centre.



We may also ask you to go and stay at a special self-isolation facility.

This belongs to the International Protection Accommodation Service (IPAS) or the HSE.



You can stay there for between 10 and 14 days while you self-isolate.

Your doctor will ask you to do this to stop other people from getting Coronavirus.

You can stop self-isolating when you have had no fever for 5 days and it has been 10 days since you first developed symptoms.

You may need to self-isolate for the following reasons:



Before you get a test for Coronavirus.



While you wait for test results.



If you are told you have Coronavirus but have mild symptoms that can be managed outside of hospital.



If you have a shared room with a person that has Coronavirus.

If you are asked to self-isolate you should:



Stay in your room at all times.



You can open your window to get fresh air if the weather is ok for you.

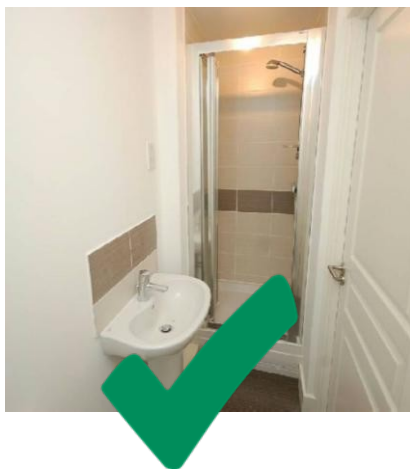


Do not allow visitors into your room or answer your door to callers.



Keep away from other people in your centre as much as you can.

If you must see people stay at least 2 metres apart.



If possible, use a separate toilet and bathroom to the rest of the people in your accommodation centre and room.



If this is not possible, make sure to keep the bathroom very clean.



Wash your hands often.
Keep your hands clean by
washing them regularly with
soap and water.

How to wash your hands properly with soap and water



Wet your hands with warm water
and

Put on some soap.





Rub your hands together until the soap makes lots of bubbles.



Rub the top of your hands, between your fingers and under your fingernails.



Do this for 20 seconds.



Rinse your hands under running water.



Dry your hands with a clean towel or paper towel.



You can see a video of how to wash your hands.

Cover your coughs and sneezes



When coughing and sneezing, cover your mouth and nose with a clean tissue.



Put used tissues into a closed bin and wash your hands.



Cough or sneeze into your elbow if you do not have a tissue.

Avoid sharing things



Try not to share these things with other people in your accommodation centre:

- Dishes
- Drinking glasses
- Cups
- Knives, forks and spoons
- Towels
- Bedding

We can deliver your meals to your room.



After you use these items, wash them in a dishwasher or with hot soap and water.



Do not share remote controls or games consoles.

Household cleaning



Wash your hands before and after all household tasks.

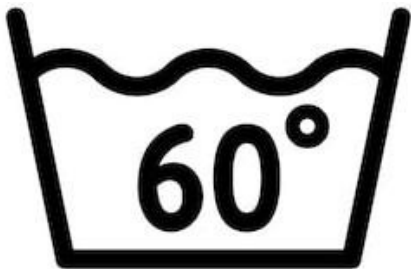


Clean your surfaces with the usual disinfectant products you buy in the supermarket. They can kill Coronavirus.

Laundry



Wear gloves while handling dirty laundry.



Wash your laundry at a temperature above 60 degrees Celsius or at the highest temperature possible.



Clean all surfaces around the washing machine.

Managing rubbish



Put all your rubbish in plastic bags.



Take the rubbish bags out when they are three-quarters full.

Put the first bag into a second bag.
Tie the two bags.

Keeping well during self-isolation



You may be worried during this difficult time.

There are many things you can do to support your mental health.



Try and keep moving indoors. You can go outdoors if you have your own space

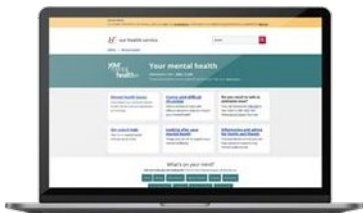


You can also;

- Read books
- Watch TV or programmes online
- Do some arts and crafts



You may find it helps to stay in touch often with friends or relatives by phone or on social media.



For more advice go to:

www.yourmentalhealth.ie

For advice and tips on how to look after your mental wellbeing, staying active and staying connected go to:

www.gov.ie/en/campaigns/together

If you are self-isolating and get worse



If you feel you are getting sicker, phone your doctor.

If you are in a special accommodation centre phone the centre manager.



If it is an emergency, call an ambulance on **112** or **999** and tell them if you have or may have Coronavirus.

This document was proof read by:
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Adapted from HSE Public Health Advice on Cocooning,
Easy Read 2021

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