

Self-isolating with COVID-19

Short-term guidance

Information for people living in accommodation supported by the Irish Government.



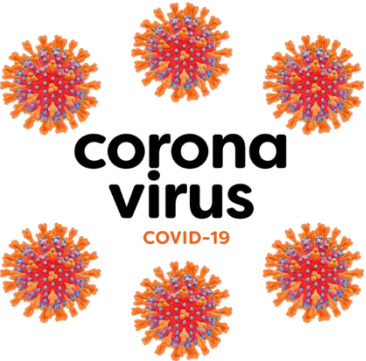


Easy to Read guide

June 2023



Rialtas na hÉireann
Government of Ireland

About this booklet

 <p>The graphic shows six stylized coronavirus particles in shades of orange and red, arranged in a circular pattern around the text 'corona virus' in bold black letters, with 'COVID-19' in smaller red letters below it.</p>	<p>This booklet is about self-isolation.</p> <p>You might have to self-isolate because of COVID-19 in Ireland.</p>
 <p>A diagram showing a single person at the top connected to two people below, who are each connected to two more people at the bottom, illustrating how the virus spreads through a chain of contact.</p>	<p>The Government is trying to slow down how fast COVID-19 spreads.</p> <p>They can only do this with your help.</p>
 <p>The logo for the Health Service Executive (HSE), featuring the letters 'HSE' in a stylized, green, serif font.</p>	<p>The HSE will keep you up to date with information on www.hse.ie</p> <p>The best way to protect you, your family and friends is to get the COVID-19 vaccine.</p> <p>You can get more information at www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/</p>

What is self-isolation?



Self-isolation means staying indoors on your own, as much as possible.

You need to stay away from people you live with as much as possible. You can go outside on your own.



You may have to stay in a different room.

Sometimes, we may ask you to go and stay at a special place for self-isolation.

This is called a self-isolation facility.

Why would I need to self-isolate?



If you have COVID-19 you may have signs that you are sick.

For example, a cough, sore throat, or headache.

These are called symptoms.



When you have symptoms, you need to stay away from others.

Your healthcare worker might ask you to self-isolate to stop other people from getting COVID-19.



You might need a COVID-19 test.

You could have a test called an antigen test.

You will have to self-isolate before you get a COVID-19 test and while you wait for your test results.



If you have symptoms of COVID-19 but did not get tested, you should self-isolate.

You should stay in self-isolation until 2 days after your symptoms end.



If you get an antigen test and get a positive result, this means you have COVID-19.

You need to self-isolate for 5 days.

The 5 days start from the date of your test or from when your symptoms started.

You can stop isolating after 5 days if you have had no symptoms for the last 2 days.

Children can stop isolating after 3 days if they have had no symptoms for the last 2 days.



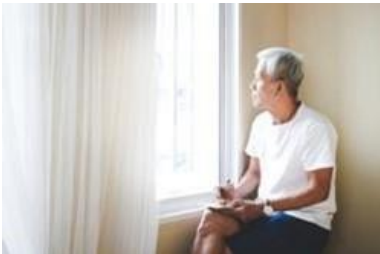
If you test positive for COVID-19, and you have mild symptoms, you will not need to be in hospital.

You still should self-isolate.



If you have symptoms of COVID-19, and you get a negative test result, you should self-isolate until you have had no symptoms for 2 days.

If you are asked to self-isolate you should:



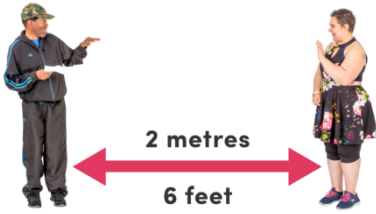
Stay in your room or in a space away from others.



You can open your window to get fresh air.



Do not allow visitors into your room or answer your door to anyone unless they are a healthcare worker.



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

If you must see people, keep your distance.



If possible, use a separate toilet and bathroom to other people in your accommodation centre.



If you cannot use a separate bathroom, make sure to keep the bathroom very clean.



Wash your hands often.

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

How to wash your hands with soap and water



Wet your hands with warm water.



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.

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.




Wash your hands.



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

Do not share things

	<p>Try not to share these things with other people in your accommodation centre.</p> <p>For example</p> <ul style="list-style-type: none">• Dishes• Drinking glasses• Cups• Knives, forks, and spoons• Towels• Bedding
	<p>We can bring meals to your room or arrangements for meals will be made at your centre.</p>
	<p>Do not share remote controls or games consoles.</p>

Keeping well during self-isolation



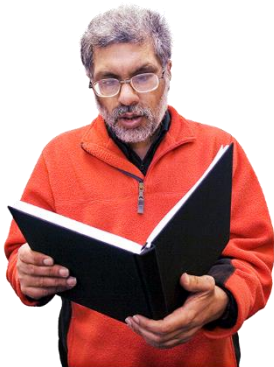
You may be worried during this difficult time.

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



Try and keep moving indoors.

You can go outdoors if you keep to your own space.



You can also

- Read books
- Watch TV or programmes online



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



For more advice go to:
www.yourmentalhealth.ie

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

<https://www.gov.ie/en/publication/c803e-managing-your-mood/>

If you are self-isolating and get worse



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

If you are in an accommodation centre phone the centre manager or healthcare worker in your centre.



If it is an emergency, call an ambulance on 112 or 999.

Tell them if you have or may have COVID-19.

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Adapted from HSE Public Health Advice on Cocooning, Easy Read 2020

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More information at www.easy-to-read.eu