



**Advice sheet for people who live in the same home as a person waiting for the result of a test for COVID-19 v1.0 25/02/2020**

**1. Clean your hands often (wash with soap or gel)**

- Clean your hands often with gel or wash your hands with soap and water for at least 20 seconds.
- Be careful to do this anytime you have touched the person waiting for their result or touched anything they have used. .

**2. Don't spend much time with the person awaiting the test results**

- It is best to stay out of the room they are in as much as possible and avoid touching.
- You can use your phones to talk.
- If they need to use a shared kitchen or toilet ask them to call you so you can go to another room

**3. Make sure that any room you need to share with the person (kitchen, bathroom) is well ventilated**

- Keep windows open as much as you can

**4. Wear a facemask if advised to\***

- If you have to be in the same space as the other person check that they are wearing a mask.
- If you have to be within 1 metre/3 feet of them wear a mask.
- Don't touch the front of the mask and put it into rubbish bin when you take it off. Then clean your hands with soap or gel.

**5. Do not invite visitors into the home**

- Don't let anyone into your home. Do not invite or allow friends or other family to come in.

**6. Be sure that people who are high risk of severe illness are not near the person**

- Don't let anyone who is at high risk of severe disease care for the patient or come close to them. This includes people who live in your home:
  - who have a long-term illness or
  - who may have a weak immune system,
  - the very young (infants <1 year),
  - those over 65 years and
  - pregnant women.

**7. Avoid sharing your household things**

- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other things with a person who is waiting for a test result until they have been cleaned thoroughly.



- Do not share games consoles, remote controls or telephones.

### 8. Toileting and bathing

- If possible, the person waiting for the test result should have their own toilet and bathroom that no one else uses.
- If they can't have their own toilet/bathroom check that the toilet bathroom looks clean and clean your hands after you finish.
- Do not use towels that the person waiting for the test has used.

### 9. Household cleaning

- Many cleaning/disinfectant products available in supermarkets work against coronaviruses.
- 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.
- Follow the instructions on the label and check they can be used on the surface being cleaned.
- Following cleaning, you can use a bleach solution to disinfect surfaces. To make a bleach solution at home, add one tablespoon of household bleach to one litre of water to be used for cleaning.
- If you have them, wear disposable gloves and ideally a plastic apron when cleaning surfaces, clothing or bedding. Wash your hands after removing gloves and aprons.
- Discard of gloves and cloths in the rubbish after using. Please see advice below on managing rubbish.

### 10. Managing Rubbish

- All waste that has been in contact with the individual, including used tissues, and masks and the waste from household cleaning 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 patient does not have COVID-19.

### 11. Laundry

- If you need to wash the laundry at home before the results are available then wash all laundry 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.
- Wear disposable gloves and a plastic apron when handling soiled materials if possible and clean all surfaces and the area around the washing machine.
- Do not take laundry to a laundrette.
- Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).