

## **ARE YOU READY FOR A COVID-19 ISOLATION AT HOME?**

It seems logical that we all think about getting a Covid-19 Kit together just in case!

### **What things should you have in your COVID kit?**

Once a household case is detected, it's too late for any member of the household to go shopping — that's why it may be helpful to have some basic things on hand, both for infection control and managing symptoms.

Having them all in one place will also allow you to act quickly, limiting the positive person's exposure to the rest of the household. So, what should you have on hand?

For infection control surgical masks should be enough for most scenarios.

Disposable gloves for handling dishes may provide an extra layer of protection, but shouldn't substitute good hand hygiene. Cleaning products such as household disinfectants, hand soap, hand sanitiser and disinfection wipes will also be useful.

Rapid antigen tests are an important part of any COVID-19 kit. *(ABC News: Maren Preuss)*

It'll also be important to have a supply of rapid antigen tests available, ideally at least two per person in the household; one to establish whether there's an infection and another to follow up with later on in the isolation period.

When it comes to symptom management, some basics include pain medication, like Panadol or Nurofen, Hydralyte or iceblocks, a thermometer to monitor fevers, and a pulse oximeter to measure oxygen levels. These devices can be purchased for around \$30 and are a good way to indicate whether a COVID-19 case needs medical treatment.

It's also important to ensure you have at least a two-week supply of any regular medication, enough food — having some frozen meals ready to go could be a lifesaver when fatigue hits — and the contact details for medical support or assistance.

And lastly, don't forget activities to keep you entertained throughout the isolation period.

"I would have in my personal kit, if I was going to put one together, Panadol and a good book," Professor Bennett says. "Pull it out, put it beside the bed, and relax, because [you're] going to feel tired and won't want to do a whole lot — it's a care kit."

**Self-isolation is when you stay in your home or accommodation away from other people. It helps stop the spread of COVID-19 to the people around you.**

### **Self-isolation means:**

- not going to any public places (e.g. shops, parks, beaches)
- not using public transport
- not having any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services.

### **You are only allowed to leave self-isolation to:**

- get a COVID-19 test
- seek urgent medical care
- avoid an emergency situation (including to avoid injury or escape the risk of harm from domestic violence).

If you need to travel to and from your home or accommodation, you must travel in a private vehicle, cycle or walk. If you do not have your own vehicle, you may use a taxi or ride share service. Do not use public transport. You should wear a face mask, stay 1.5 metres away from other people, and travel directly to and from where you need to go.

### **How do I self-isolate from my household?**

If you live with other people, you should stay separated from them during your self-isolation period.

### **Physically distanced means:**

- stay and sleep in a separate room
- use a separate bathroom if available, or clean a shared bathroom after use
- do not be in the same room as another person (even if they are also in isolation)
- do not share household items including dishes, cups, towels and bedding. After using these items, wash them thoroughly with soap.

### **Practice good hygiene**

#### **Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser:**

- before entering an area where other people may go
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing face masks
- before eating or drinking.
- Cover coughs and sneezes
- Regularly clean all surfaces you touch as much as possible (such as tabletops, doorknobs, and bathroom fixtures) by using household disinfectant or diluted bleach solution
- Wear a mask in shared areas or when caring for other members of your household
- Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions such as heart, lung or kidney problems.

### **What should the people I live with do?**

#### **If you are positive for COVID-19**

You must tell your household members that you have COVID-19, and they must isolate for 7 days. They must have a rapid antigen test (RAT) as soon as possible and again on Day 6. If both tests are

negative they can leave isolation after 7 days. They should also have another rapid antigen test if they develop symptoms at any time during their isolation period.

### **If you are isolating as a contact of someone who has COVID-19**

If you are self-isolating as a contact of someone who has COVID-19 and you live with a person who you cannot keep separated from, they do not need to isolate with you.

### **Shared care arrangements**

Moving between households, even for shared caring arrangements, is not recommended. People should only move to another household after they have completed their self-isolation period and have received a negative test result.

### **What if I live in a unit / villa complex?**

If you have to self-isolate and live in an unit / villa complex, you will need to follow some extra steps to protect other residents from COVID-19:

- You must remain inside your own unit. You should not use shared laundry facilities, or any other common areas, such as a gym, pool or shared outdoor area.
- Wash your clothes inside your own unit. Neighbours or friends should not do your laundry.
- Ask a neighbour about collecting your rubbish from outside your door. The person collecting your rubbish should wear gloves and a surgical mask while doing this, and thoroughly wash their hands afterwards.
- If you are receiving deliveries including food to your home, please ask that it is left outside your door. Do not open the door to pick up the delivery until the corridor is empty.

**From NSW Health and ABC News Website**

***If you find yourself needing to isolate and require assistance please contact any member of our U3A committee and we will help you.***