



Falkland Islands Government Public Health Guidance – April 2022

COVID-19: TEN POINTS FOR SELF-ISOLATION AT HOME

If you have, or suspect you have, COVID-19, you are advised to self-isolate at home. By doing this you can take good care of yourself, while also protecting others from being exposed to the infection.

Please call the KEMH on 28000 if you feel progressively unwell and or want further advice.

1. Stay at home

You, or the person you are caring for, should remain in your home, except for getting medical care (see points 3 and 8). We advise that you do not go to work or school, avoid public areas, and do not use taxis until you have been told that is safe to do so. You will need to ask for help if you require groceries, electricity cards, fuel, other shopping or medications. Don't forget, you can order by phone. The delivery instruction must state that items are to be left outside, or in the porch, or as appropriate for your home.

2. Separate yourself from other people in your home

You should stay in a well-ventilated room with a window that can be opened to let fresh air in, separate from other people in your home. Keep the door to your room closed. Use a separate bathroom from the rest of the household, if available. If you have to share these facilities, regular cleaning will be required.

If a separate bathroom is not available, consider drawing up a bathroom rota for washing or bathing, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves (if able or appropriate). Ensure the isolated person uses separate towels from other household members, both for drying themselves after bathing or showering, and for hand hygiene purposes.

If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, and wearing a facemask when entering communal areas.

If you share a kitchen with others, try to avoid using it whilst others are present. If this is not possible then wear a facemask. Take your meals back to your room to eat. Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

3. Call ahead before visiting the hospital

All medical appointments should be discussed in advance by calling the KEMH first on 28000. This is so that the hospital can take steps to minimise your contact with others.

4. Wear a facemask if advised to

If you have COVID-19, or think you might have it, then we advise you to wear a mask when you are in the same room with other people and especially when you visit a healthcare provider.

5. Cover your coughs and sneezes

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues in a plastic waste bag (see section 10), and immediately wash your hands with soap and water for at least 20 seconds, then rinse and dry thoroughly. Carers should wash their hands, as well as helping the person they are caring for, following coughing or sneezing.



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6. Wash your hands

Wash your hands or assist the person you are caring for in washing their hands. This should be done often and thoroughly with soap and water, for at least 20 seconds; then rinse and dry your hands thoroughly. Avoid touching your eyes, nose, and mouth with unwashed hands.

7. Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them (or after your child or the person you are caring for has used them). After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery. Dirty laundry, bedding and towels should be placed in a plastic bag and washed separately on a hot cycle.

8. Monitor your symptoms (or the symptoms of the person you are caring for, as appropriate)

Seek prompt medical attention if your illness is getting worse, for example, if you have difficulty breathing, or if the person you are caring for has symptoms that are worsening. If it's not an emergency, you should call the hospital on 28000.

If it is an emergency situation, call an ambulance on 999. Inform the call handler that you have, or think you have, COVID-19.

9. Do not have visitors in your home

Only those who live in your home should be allowed to stay. Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with the hospital first. If you urgently need to speak to someone who is not a member of your household, please try to do this over the phone rather than face-to-face.

10. Waste

All waste that has been in contact with the somebody who has, or who is suspected of having COVID-19, including used tissues, and disposable masks, 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, i.e. it should be double-bagged.

**THANK YOU FOR ACTING RESPONSIBLY AND KEEPING YOURSELF AND
OTHERS SAFE!**