

# **LONDON CORONAVIRUS: WHAT TO DO IF SOMEONE YOU LIVE WITH IS TESTED FOR COVID-19**

## **WASH YOUR HANDS FREQUENTLY**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds., especially if you come into contact with the patients or with items handled by the patient.

## **LIMIT CONTACT WITH THE PATIENT AS MUCH AS POSSIBLE**

- Where possible, avoid touching them and their immediate environment.

## **ENSURE THAT SHARED SPACES (KITCHEN, BATHROOM) ARE WELL VENTILATED**

- Keep windows as open as possible.

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## **WHERE A FACE MASK IS ADVISED TO**

- If you have been provided with face masks and advised to use them, then you should wear the mask when you are in the same room as the patient.
- Masks should not be touched or handled during the use.
- If the mask gets wet or dirty with secretions such as saliva, it must be changed immediately.
- Discard the mask into the household waste/rubbish bin after use and perform hand hygiene after the removal of the mask.

## **DO NOT INVITE VISITORS INTO YOUR HOME**

- Only those who live in your home should be allowed to stay.
- Do not invite or allow visitors (such as friends and extended family) to enter.
- If it is urgent to speak to someone who is not a member of your house, do this over the phone.

## **KEEP THOSE AT RISK AWAY**

- Anyone who is at increased risk of severe disease should not care for the patient or come into contact with them.
- This includes household members who have a chronic illness or who may have a weakened immune system due to treatment or medication, the very young (infants under 1 year), those over 65 years and pregnant women.
- If contact cannot be avoided by those with an increased risk of severe disease, alternative accommodation should be considered.

## **AVOID SHARING HOUSEHOLD ITEMS**

- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding who is undergoing testing for novel coronavirus infections until they have been cleaned thoroughly.

## **TOILETS AND BATHING**

- If possible, the person undergoing testing for novel coronavirus should have their own dedicated toilet and bathroom.
- If a separate bathroom is not available, consideration should be given to drawing up a bathroom rota for washing or bathing, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves.
- Ensure the isolated person uses separate towels from other household members, both for drying themselves after bathing/showring and for hand hygiene purposes.

## **HOUSEHOLD CLEANING**

- Clean all surfaces, paying attention to frequently touched surfaces such as counters, table-tops, doorknobs, bathroom fixtures, toilets, toilet handles, bedside tables, phones, keyboards and tablet, every day with household cleaning products.
- Follow the instructions on the label and check they can be used on the surface being cleaned.
- Use a kitchen towel to remove any blood, visible body fluids and/or secretions such as saliva before cleaning surfaces. If you do not have a suitable household cleaning product, you can use a bleach solution to clean 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.

## **LAUNDRY**

- If you need to wash the laundry at home before the results are available at the highest temperature compatible for the fabric using laundry detergent. This should be above 60 degrees C.
- If possible tumble dry and iron using the highest setting compatible with the fabric.
- 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 (removes gloves first if used)

## **WASTE**

- All waste that has been on contact with the individual, including used tissues, and masks if used, 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 the patient does not have the novel coronavirus.

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