

# Waiting for test results

## SELF-ISOLATION AT HOME

While awaiting test results for COVID-19; and you have been assessed as being medically well enough to be managed at home – please consider yourself as potentially infectious until the final results are available.

### **You will need to abide by the following:**

- You should quarantine yourself at home. Don't go to work, avoid leaving your home, and as far as possible avoid close interactions with other people.
- You should clean your hands with soap and water frequently. Alcohol-based sanitisers may also be used, provided they contain at least 70% alcohol.
- Do not have visitors in your home. Only those who live in your home should be allowed to stay. If it is urgent to speak to someone who is not a member of your household, do this over the phone.
- You should wear a face mask when in the same room (or vehicle) as other people.
- At home, you should stay in a specific room and use your own bathroom (if possible). 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, wearing a face mask if one has been issued to you. Keep your windows open to allow adequate ventilation.
- You should practice good cough and sneeze hygiene by coughing or sneezing into a tissue, discarding the tissue immediately afterwards in a lined trash can, and then wash your hands immediately. Alternatively you can cough into your flexed elbow.
- If you need to wash the laundry at home before the results are available, then wash all laundry at the highest temperature compatible with the fabric using laundry detergent. This should be above 60°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 (remove gloves first if used).
- You should avoid sharing household items like dishes, cups, eating utensils and towels. After using any of these, the items should be thoroughly washed with soap and water.
- All high-touch surfaces like table tops, counters, toilets, phones, computers, etc. that you may have touched should be appropriately and frequently cleaned.
- Monitor your symptoms – seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the symptoms of the person you are caring for are worsening. If it's not a medical emergency, call your doctor or healthcare facility. If it is an emergency and you need to call an ambulance, inform the call handler or operator that you are being tested for SARS-CoV-2 (Covid-19).

### **While awaiting the results, if your symptoms worsen:**

Phone your healthcare provider to inform them of your changed symptoms and that you are still awaiting test results.

In case of severe fever or respiratory distress – please go to your nearest emergency unit or phone an emergency medical service. For assistance from Life Emergency Medical Services – call **0860 123 367**. If you are going directly to the unit – call ahead to let them know that you are coming to the unit and that you are awaiting your test results for COVID-19. Take the necessary precautions such as covering your cough.

*Source: Department of Health; National Institute for Communicable Diseases*