



Coronavirus and living with others

Self-isolating successfully

If you have Coronavirus, or you are unwell, you should stay at home. This can be a difficult and challenging time, so you should plan ahead to help make it easier. Use the advice in this leaflet to help you.

Planning ahead

Ask for help

Speak with your Landlord or Property Manager, employer, friends, and family to ask for their help accessing the things you will need. There may also be a community group near you who are able to assist.



If you are clinically vulnerable

If you are clinically vulnerable you should let your Landlord or Property Manager know. They should work with you to discuss what arrangements might be suitable for you as a tenant.



Essentials

Think about how you will access food and other essential supplies, such as medication. Order online or ask someone to drop them off. Ask for contactless delivery.



Know who to call

Update your contact list with useful numbers. Make sure you know what to do if your symptoms become worse, or you require emergency assistance.



Staying occupied

Think about things you can do during your time at home. Stay busy doing things you enjoy, like cooking or reading.



How to self-isolate

If you are self-isolating you should...



- ✓ **Follow the current official 'stay at home' guidance.**
- ✓ **Stay in your room.** Only leave your room for essential reasons
- ✓ **Minimise visiting shared spaces** such as kitchens and bathrooms
- ✓ **Ventilate shared spaces** by opening windows and using extractor fans
- ✓ **Maintain social distancing** if you must leave your room
- ✓ **Practice good hygiene** by washing / sanitising your hands regularly
- ✓ **Do not have visitors**, except for essential health and social care workers
- ✓ **Stay in touch** with friends and family

If you share a kitchen...

- ✓ Don't share cooking or eating utensils
- ✓ Avoid using the kitchen at the same time as others
- ✓ Take meals back to your room
- ✓ Use a dishwasher (if available) to clean & dry dishes
- ✓ Dry dishes using a clean tea towel. Do not leave items to air dry.



If you share a bathroom...

- ✓ Use a separate bathroom if one is available
- ✓ Do not share body and hand towels with others
- ✓ Clean and disinfect the bathroom after each use (if you are able to). You can use your usual cleaning products.

Useful information



What if I have had the COVID-19 vaccine?

There is a chance you might still get or spread coronavirus even if you have had the vaccine. It is important that you still take care to follow this advice, even after you have received your vaccination.



Where can I get more information?

For the latest Coronavirus information and guidance online, visit www.gov.uk/coronavirus



If you need help whilst isolating

If you are struggling to manage your symptoms at home or begin to feel much worse, you should seek medical advice

- visit the NHS111 website online, at 111.nhs.uk or call 111
- You should call **999 in an emergency** if you are seriously ill, injured, or your life is at risk
- **Do not** visit your GP, pharmacy, urgent care centre or a hospital