> COVID-19: quidance for households with possible coronavirus infection

<u>Home</u> > <u>Health and social care</u> > <u>Public health</u> > <u>Health protection</u> > <u>Infectious diseases</u>



Guidance for households with

Guidance

grandparents, parents and children living together where someone is at increased risk or has possible or confirmed coronavirus (COVID-19) infection Updated 11 June 2020

Symptoms What do we mean by a possible

or confirmed case of COVID-19?

Who this quidance is for

Will my household be tested if we think we have COVID-19 symptoms? Why staying at home is very important

If you have symptoms of COVID-19 and have a person aged 70 or over, or a clinically vulnerable person, living with

Living with children If you or your family need to seek medical advice Looking after your wellbeing while staying at home

Ending self-isolation and household isolation

• a high temperature

a new continuous cough

Symptoms

following:

• a loss of, or change in, your normal sense of taste or smell (anosmia) For most people, COVID-19 will be a mild illness. However, if you have any of the symptoms above you must stay at home and <u>arrange to have a test</u> to see if you have

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the

Search

- COVID-19.
- case of COVID-19? A possible case is a person who has COVID-19 symptoms and is currently awaiting a test result.

What do we mean by a possible or confirmed

Who this guidance is for

This guidance is intended for: • households with grandparents, parents and children living together where a member

of the household is aged 70 or over, meaning they are at increased risk of severe illness from coronavirus

• chronic heart disease, such as heart failure chronic kidney disease

- chronic liver disease, such as hepatitis • chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy diabetes
- spleen removed • a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- pregnant women
- There is a further category of people with serious underlying health conditions who are
- coronavirus. They, their family and carers should follow the guidance on shielding.
- Anyone with symptoms of COVID-19 must immediately self-isolate and arrange to have a test to see if you have COVID-19. If you develop symptoms you may wish to alert the people that you have had close

Trace service. The information you provide will be handled in strict confidence and will enable the NHS Test and Trace service to contact those people and provide them with advice on whether they should go into self-isolation. This will help stop the spread of COVID-19. The people contacted will not be told your identity, but by alerting them

the web, then you will be phoned by a contact tracer working for the NHS Test and

Why staying at home is very important It is very important that people with symptoms that may be due to COVID-19 and their household members stay at home. Staying at home will help prevent the spread of the virus to family, friends, the wider community and particularly those who are clinically extremely vulnerable. Controlling the spread of the virus will help us to protect the NHS and save lives. Those with symptoms should remain at home for at least 7 days after the onset of their symptoms as set out in the ending isolation section below. This will reduce the risk of you infecting others.

home. This 14-day period starts from the day when the first person in your house became ill. There is more information in the ending self-isolation section below. Staying at home for 14 days will greatly reduce the overall amount of infection the

public areas, and do not use public transport or taxis. If possible, you should not go out

even to buy food or other essentials, and any exercise should be taken within your

household could pass on to others in the community.

If you have symptoms of COVID-19 and have a person aged 70 or over, or a clinically vulnerable person, living with you

Those who are clinically vulnerable or clinically extremely vulnerable should be supported to take precautions to minimise their contact with other people in your household, regardless of whether others have symptoms or not. They should minimise time spent in shared spaces such as kitchens, bathrooms and sitting areas. Any shared

If you do share a toilet and bathroom with a person aged 70 or over, or clinically vulnerable, it is important that you clean the facilities every time you use them (for example, wiping surfaces you have come into contact with). Another tip is to consider drawing up a rota for bathing, with the older person using the facilities first. If you share a kitchen with a person who is aged 70 or over, or clinically vulnerable, avoid using it while they are present. If they can, they should take their meals back to their

 regularly clean frequently touched surfaces • the stay at home guidance for households with possible COVID-19 infection contains more detailed guidance on what to do about cleaning, disposal of waste, laundry and other useful information.

wash their hands more frequently, for 20 seconds, with soap and water or use hand

sanitiser and avoid touching their face

If you or your family need to seek medical advice Seek prompt medical attention if your illness or the illness in any household members is worsening. If it's not an emergency, contact the NHS 111 online COVID-19 service. If you have no internet access, you should call NHS 111.

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the

All routine medical and dental appointments should usually be cancelled while you and

(for example, your GP or dentist, local hospital or outpatient service), using the number

the family are at home. If you are concerned or have been asked to attend in person

within the period you are home isolating, discuss this with your medical contact first

call handler or operator that you or your relative have COVID-19 symptoms.

they have provided.

the **Every Mind Matters website**.

COVID-19.

social media

difficulties breathing

in your home

isolation

home for a week or more have kept themselves busy with activities such as cooking, reading, online learning and watching films. If you feel well enough, you can take part in light exercise within your home.

Think about things you can do during your time at home. People who have stayed at

- If anyone in the household becomes unwell during the 14-day period, they should arrange to have a test to see if they have COVID-19. If their test result is positive, they must follow the same advice for people with COVID-19 symptoms – that is, after 7 days of their symptoms starting, if they feel better and no longer have symptoms other than cough or anosmia, they can also return to their normal routine. However, if their test
- A cough or anosmia (a loss of, or change in, the normal sense of taste or smell), may persist for several weeks in some people, despite the infection having cleared. A persistent cough or anosmia does not mean someone must continue to self-isolate for more than 7 days.

Transition period: get ready for 2021

A confirmed case is a person who has tested positive for COVID-19.

• clinically vulnerable people including anyone aged 70 or over, as well as those under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab as an adult each year on medical grounds):

• chronic (long-term) respiratory diseases, such as <u>asthma</u>, <u>chronic obstructive</u>

pulmonary disease (COPD), emphysema or bronchitis

• problems with your spleen – for example, sickle cell disease or if you have had your

• being seriously overweight (a body mass index (BMI) of 40 or above)

clinically extremely vulnerable, meaning they are at very high risk of severe illness from

have COVID-19 symptoms?

are waiting for a test result. At this stage, those people should not self-isolate. Alerting

social distancing and good hand and respiratory hygiene. They can also be more alert to

People who have tested positive will receive a text, email or phone call requesting that

they log into the NHS Test and Trace website to create a confidential account where

they can record details about their recent close contacts. If you do not have access to

those that you have been in contact with means they can take extra care in practising

when you first develop symptoms, you can help make sure that they are prepared for

People with symptoms that may be due to COVID-19 and their household are asked to

If you or anyone in your household has symptoms that may be caused by COVID-19, then you should avoid contact with other household members as much as possible. The other members of your household, including those who do not have any symptoms, should stay at home and not leave the house for 14 days. Do not go to work, school or

Further guidance on accessing food and essential supplies is available.

spaces should be well ventilated. Aim to keep 2 metres (3 steps) away from the person(s) who is aged 70 or over, or clinically vulnerable, and encourage them to sleep in a different bed where possible. If they can, they should use a separate bathroom from the rest of the household. Make sure they use separate towels from the other people in your house, both for drying

room to eat. If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery. If this is not possible, wash them using your usual washing up liquid and warm water and dry them thoroughly. If the person who is aged 70 or over, or clinically vulnerable, is using their own crockery and cutlery, remember to use a separate tea towel for drying these.

Living with children We are aware that not all these measures will be possible if you are living with children, but keep following this advice to the best of your ability. What we have seen so far is that children with COVID-19 appear to be less severely affected. It is nevertheless important to do your best to ensure that all members of your household follow this guidance.

Looking after your wellbeing while staying at home

We know that staying at home for a prolonged period can be difficult, frustrating and

It's important to remember to take care of your mind as well as your body and to get

media. There are also sources of support and information that can help, such as

support if you need it. Stay in touch with family and friends over the phone or on social

particularly challenging if you don't have much space or access to a garden.

lonely for some people and that you or other household members may feel low. It can be

For family members who are 70 or over, or clinically vulnerable, and are not symptomatic, it is important to avoid contact with other family members as much as

possible see guidance above on persons aged 70 or over and the clinically vulnerable.

symptoms, but some people are badly affected by COVID-19. By staying home, you are

helping to protect your friends and family and other people in your community, as well

Remember it is OK to share your concerns with others you trust and in doing so you may

end up providing support to them too. Or you can use an NHS recommended helpline.

See more <u>Guidance for the public on the mental health and wellbeing aspects of</u>

There are things that you can do to help make self-isolation easier. These include:

• planning ahead and thinking about what you will need in order to be able to stay at

home for the full duration of isolation. Consider and plan for those in your home who

• talking to your employer, friends and family to ask for their help to access the things

Many people find it helpful to remind themselves why what they are doing is so

as making sure the NHS does not get overwhelmed.

are aged 70 or over, or otherwise clinically vulnerable

make sure these are left outside your home for you to collect

important. Hopefully, none of your family will experience anything more than mild

you will need while staying at home • creating a contact list with phone numbers of neighbours, schools, employers, chemists, NHS 111 thinking about and planning how you can get access to food and other supplies, such as medications, that you will need during this period. Set up online shopping accounts if possible • asking friends or family to drop off anything you need or ordering supplies online, but

• ensuring that you keep in touch with friends and family over the phone or through

successfully completed a period of staying at home have kept themselves busy with

• planning out the full 14 days, such as on a make-shift calendar, which many people

find helpful. You may also find it helpful to plan in advance what you will do if, for

example, someone in your household were to feel much worse, such as having

• remembering that physical exercise can be good for your wellbeing, when you are

feeling better. Look for online classes or courses that can help you take light exercise

• thinking about things you can do during your time at home. People who have

activities such as cooking, reading, online learning and watching films

Ending self-isolation and household

- **Ending self-isolation** If you have had symptoms of COVID-19, then you may end your self-isolation after 7 days and return to your normal routine if you do not have symptoms other than cough or anosmia (a loss of, or change in, your normal sense of taste or smell). If you still have a
- People in the household who remain well after 14 days are unlikely to be infectious.

improvement and has not already sought medical advice, they should use the NHS 111 online COVID-19 service. If they do not have internet access, they should call NHS 111. For a medical emergency, they should dial 999.

The UK has left the EU

Driving and transport



© Crown copyright

Contents

Will my household be tested if we think we contact with over the last 48 hours to let them know that you might have COVID-19 but

any symptoms they might develop.

being contacted by the Test and Trace service.

stay at home.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.

We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should:

result is negative, they must continue with isolation as part of the household for the full 14 days. Should someone develop COVID-19 symptoms late in the 14-day household isolation period (for example, on day 10 or later), the isolation period for the household does not need to be extended. Only the person with new COVID-19 symptoms has to stay at

<u>No</u>

Business and self-employed Childcare and parenting Citizenship and living in the UK Crime, justice and the law

Disabled people

high temperature, keep self-isolating until your temperature returns to normal. After 7 days, if you just have a cough or anosmia, you do not need to continue to selfisolate. This is because a cough or anosmia can last for several weeks once the infection has gone. The 7-day period starts from the day when you first became ill. If you continue to feel unwell and have not already sought medical advice, you should use the NHS 111 online COVID-19 service. If you do not have internet access, call NHS 111. For a medical emergency dial 999. **Ending household isolation** After 7 days, if the first person to become ill feels better and no longer has symptoms other than cough or anosmia (a loss of, or change in, their normal sense of taste or smell) they can return to their normal routine. Everyone else in the household who remains well should end their isolation after 14 days. This 14-day period starts from the day the first person in the household became ill.

home for at least a further 7 days and should <u>arrange to have a test</u> to see if they have COVID-19. At the end of the 14-day period, anyone in the household who has not become unwell can return to their normal routine. If any person in the household with COVID-19 symptoms has not had any signs of

Is this page useful?

Coronavirus (COVID-19) Coronavirus (COVID-19): quidance and support Services and information **Benefits** Births, deaths, marriages and care

You should take the following actions: Where possible, arrange for anyone who is <u>clinically vulnerable</u> or <u>clinically extremely</u> vulnerable to move out of your home, to stay with friends or family for the duration of your home isolation period. If you cannot arrange for vulnerable people to move out of your home, stay away from them as much as possible, following the shielding guidance. themselves after bathing or showering and for hand-hygiene purposes.

Education and learning Employing people Environment and countryside Housing and local services

Money and tax Passports, travel and living abroad Visas and immigration Working, jobs and pensions

Research and statistics Policy papers and consultations Transparency and freedom of information releases

<u>Is there anything wrong with this page?</u>

Departments and policy

How government works

Guidance and regulation

News and communications

<u>Departments</u>

Worldwide

<u>Services</u>