

What will happen if I do have COVID-19

This is a guide for people we support who have been diagnosed with or are suspected to have COVID-19. Who live with others

How will I know if I have COVID-19?

You might be diagnosed if you have:

- High temperature or fever
- Cough
- Shortness of breath or breathing difficulties
- Any other symptoms a doctor is worried about



What will happen if I do have COVID-19?

You will need to self-isolate for 10 days

This means you will need to spend as much time as possible by yourself.

You will have to spend more time in your own bedroom and will need to try not to use the communal areas.

You may be able to go out in the garden if you have one, but will not be able to go out for a walk or to other places.

You will not be able to have other visitors during this time.





You will be asked to keep your bedroom door closed as much as possible.

If it is warm enough you might be asked to keep your bedroom window open a little bit. This is because fresh air can be helpful.



You may be asked to only use one bathroom in the house if possible. If you have an en-suite or a sink in your bedroom you will be asked to use this.

You might be asked to move your bed. This is because there should be a distance of 1 metre between your bed and the door.



Your support workers will be able to help you think of things to do in your home so that you don't get too bored!



You might be asked to do more 'self care'

This means that the people supporting you may ask you to do more things by yourself. This might include washing yourself or getting yourself dressed.



Where possible support workers might tell you how to do things instead of doing things for you. This might include brushing your teeth or taking your medication.



You might be asked to clean your bedroom more often. This will include using anti-bacterial spray or wipes to clean your door handles and surfaces.



You will be asked to put your own clothes, towels and bedding in the wash if you can. Your laundry might need to be put in an extra bag before it can go in the laundry bin.



When people are supporting you they might do things a bit differently

The people supporting you will need to wear protective equipment like gloves, aprons and masks, even if they don't usually do this.



They might look a bit different to usual but this will help them to keep everyone safe. They will only need to wear masks if they need to come close to you to support you.



You might receive more of your support in your room rather than in communal areas. For example, staff might help you to get dressed in your bedroom instead of the bathroom.



They will try to stay 2 metres away from you if they can. This means they might bring you food or drinks and put it down for you to come and get instead of bringing it all the way over to you.



They will wash their hands more often in between doing jobs.



They won't be able to spend as much time with you as usual.

This is because they need to help keep themselves and other people safe. Once you have finished the 10 days they will be able to spend more time with you again.

What can I do to help?



These changes might be difficult for you and everyone around you. Please try to be understanding and patient as we all learn how to make this work.

Keep washing your hands often and for at least 20 seconds every time!

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