

## **This guidance applies to all United Lincolnshire Hospitals NHS employees**

### **Stay at home guidance for employees with confirmed or possible Coronavirus (COVID-19) infection**

#### **What are the signs/symptoms of coronavirus (COVID-19)**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- New continuous cough and/or
- High temperature

For most people, coronavirus (COVID-19) will be a mild infection.

#### **If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started**

This advice is intended for people with symptoms of coronavirus (COVID-19), including those with a diagnosis of coronavirus (COVID-19) infection, who must remain at home until they are well.

You will notify occupational health and your line manager you are self-isolating this will record your isolation as medical suspension/exclusion.

You will notify your line manager and occupational health to ensure you are symptom free and safe to return to work.

Contact the Occupational Health Team on 01522 573597

This line is open 7 days a week from 08:30-16:30

Or email [Occupational.Health@ulh.nhs.uk](mailto:Occupational.Health@ulh.nhs.uk)

#### **Ending self-isolation**

You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, you should contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111.

Your cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.

For Further PHE Advice and Guidance please click on the link below

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

#### **Guidance on self-isolation changed from 14 days to 7 days**

The 14 day period is for those who have had exposure to a confirmed case but have not shown symptoms. The 14 days represents the potential incubation period (the time it takes for symptoms to show if you have been infected).

Most people will no longer be likely to transmit the virus 7 days after the onset of symptoms

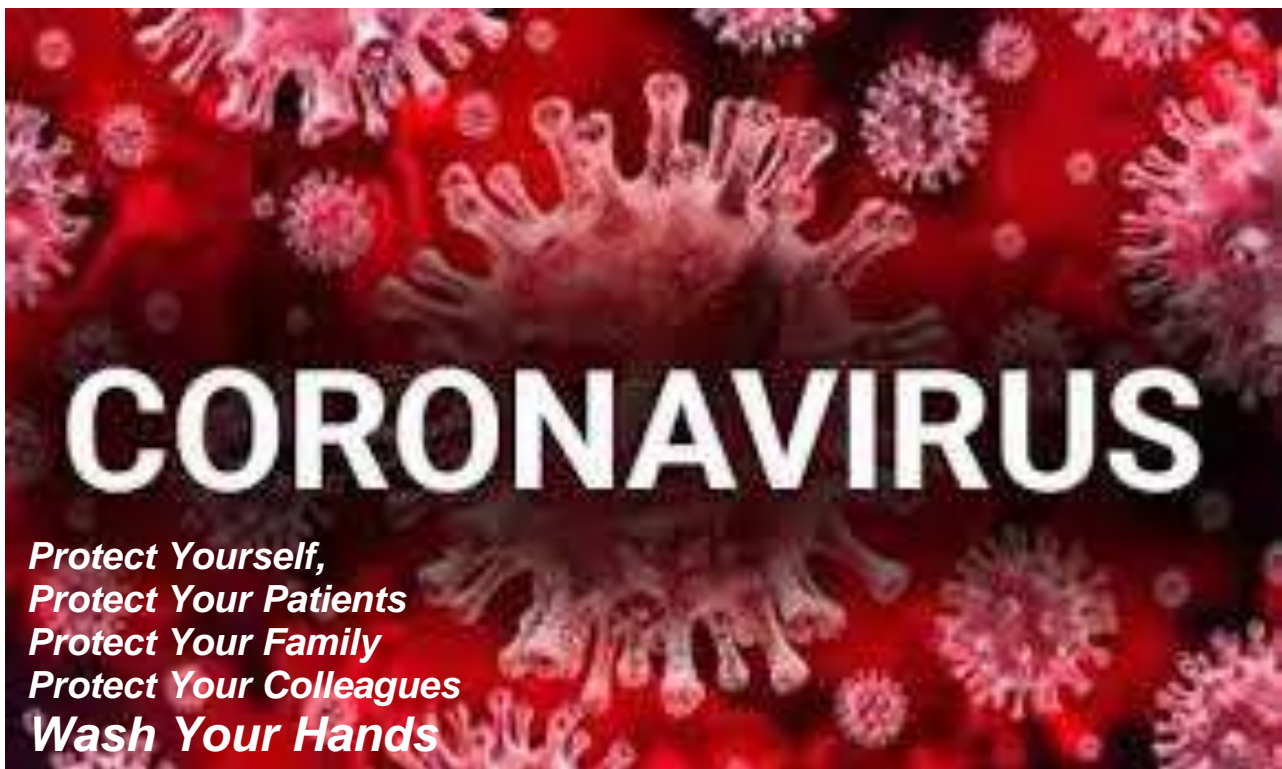
## ULHT employee and manager guidance

1. Staff who fit the guidance for exclusion/ self-isolation from work for 7 days will contact their line manager and Occupational Health to confirm their exclusion. This will be recorded in the employee's occupational health record and their ESR record.
2. The line manager can explore with the employee if they are well enough as to whether there is the potential for them to work from home.
3. The manager should arrange to check in regularly with the employee during the 7 days exclusion. The employee is also responsible for keeping regular contact with their manager and updating them on any changes.
4. Near the end of 7 days, the employee will contact occupational health to arrange a telephone appointment to assess any risk that might preclude them returning to work, and confirm a return to work date.

**The most up-to-date guidance and advice for self-isolation can be found by clicking on the hyperlink below:**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

Stephen Kelly  
ULHT Occupational Health



## **Advice on Self-Isolation.**

### **Stay at home**

You should remain in your home. Do not go to work, school, or public areas, and do not use public transport or taxis. You cannot go for a walk.

You will need to ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.

### **Cleaning and disposal of waste**

When cleaning you should use your usual household products, like detergents and bleach as these will be very effective at getting rid of the virus on surfaces. Clean frequently touched surfaces.

Personal waste (e.g. used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste within your own room. This should be put aside for at least 72 hours before being put in your usual external household waste bin. Other household waste can be disposed of as normal.

### **What you can do to help yourself get better**

Drink water to keep yourself hydrated; you should drink enough during the day so your urine is a pale clear colour. You can use over the counter medications, such as paracetamol, to help with some of your symptoms.

### **If you need to seek medical advice**

Seek prompt medical attention if your illness is worsening. If it's not an emergency, contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111. If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you have coronavirus (COVID-19).

### **Wash your hands often**

Cleaning your hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect you and the people you live with. This step is one of the most effective ways of reducing the risk of infection to you and to other people.

### **Looking after your wellbeing whilst staying at home**

We know that staying at home for a prolonged period of time can be difficult, frustrating and lonely for some people and that you may feel low. It's important to remember to take care of your mind as well as your body and to get support if and when you need it. Stay in touch with family and friends over the phone or on social media. There are also sources of support and information that can help. <https://www.nhs.uk/oneyou/every-mind-matters/>

**Further guidance on self-isolation can be found by clicking on the hyperlink below:**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>