

# Self-isolation and living with others

COVID-19

If you are sick or have been in contact with someone who has COVID-19, you may be told by your doctor to self-isolate. **Self-isolation** means staying at home or in a hotel room and not leaving unless it's an emergency. Self-isolating when you live with a big family is hard, so AH&MRC has created a checklist to provide you with some tips to keep your household healthy.

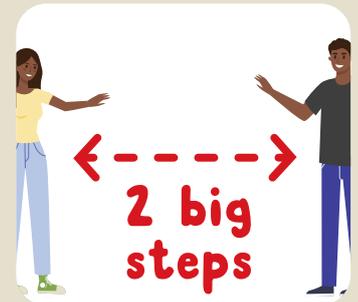
## Checklist

### Your room



- Try and stay in your own room as much as possible, make it your sanctuary.
  - Read books, write, watch tv shows or movies, listen to music and stay connected to your mob using your phone.
- Don't share a room with Elders or people with a chronic health condition, as these people are most at risk.

### Your shared areas



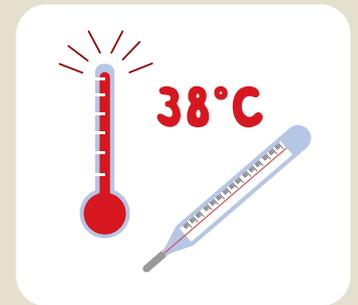
- Keep a safe distance of 2m (two big steps) between yourself and others in the household.
- Avoid shared areas like the kitchen and shared household items (e.g. tv remote) as much as possible.
- Take your towel and toothbrush into your room after use.

### Your hygiene



- Wash your hands with soap and water properly for at least 20 seconds.
- Cough or sneeze into your elbow or a tissue. Throw the tissue in the bin straight away after use.
- Wear a mask, if you have one, when in shared parts of the house.
- Use separate towels and bedding to other people in your household.

### Your symptoms



- If you have COVID-19 symptoms, monitor them closely and call your AMS if you have any concerns.
- In a health emergency call 000 for an ambulance.
- If your symptoms are less serious call Healthdirect for free on 1800 020 080 (24/7 number) or your local AMS to speak with a Health Care Worker.

Let's keep our community safe, strong and healthy.

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

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# How to help someone self-isolate if you live with them checklist

COVID-19

Here is a checklist of things you can do to help your housemate / family member during this time if they need to self isolate:

1



Wipe down surfaces including door handles, light switches etc. regularly.

2



Wipe down household items e.g. game controllers and remotes every day.

3



Wash dishes using a dishwasher or with dishwashing liquid and hot water.

4



Offer to help by bringing them food, medicine or help with other activities such as cooking, cleaning or doing laundry.

5



Wash laundry at the warmest temperature (check the tag) and dry using a dryer or hang in the sun until completely dry.

6



Isolation can be lonely so check in with your housemate regularly through phone or video call to see if they feel like having a yarn.

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