

The Village Residence WHY AM I ASKED TO ISOLATE?

Information for Residents who are asked to isolate because of possible infection.



Self-isolation (stay in your room).

Remember this is now your home.

Self-isolation (stay in your room) means staying indoors and completely avoiding contact with other people, because you may have an infection that could spread to other people. This includes the people you live with here in The Village Residence. It is sometimes called self-quarantine. This may be frightening for you, but you will have the same staff that you are familiar with, still working for you, and to assist you with your needs.

You should self-isolate when there is a high risk you could spread COVID-19 (coronavirus) to other people or you may have influenza type symptoms.

You may also have symptoms such as nausea and vomiting.

You may have symptoms such as diahorrea.

When to self-isolate

Even when you are fully vaccinated, self-isolate if you:

- have symptoms of flu like symptoms
- are waiting for a test appointment and your test results, if you have symptoms of influenza
- have had a positive test result for COVID-19 or one of the flu viruses , even if you have mild symptoms or no symptoms.

Your Nurse will keep you up to date with what is happening with your testing, and will inform you of the results of the testing when they come back from the laboratory.

Close contacts

If you are a close contact, restrict your movements (stay at home in your own house where you now live) if you:

- are not fully vaccinated for Influenza, or against COVID-19 or have not received the pneumo-coccal vaccination
- You will only need to self-isolate if you develop flu like symptoms
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How to self-isolate

stay at home, in your room with a window you can open

keep away from other people – especially other people who live here with you

use your own bathroom to others in your household, if possible

cover your coughs and sneezes using a tissue – clean your hands properly after

ask friends, family or delivery drivers to drop off food or supplies – if they stand back from the door, you can speak with them

wash your hands properly and often

use your own towel – do not share a towel with others

Your room and all furniture in your room will be cleaned every day with a household cleaner or disinfectant.

Keeping well during self-isolation

Keep yourself mobile by getting up and moving around as much as possible.

You can walk around the courtyard or go out and get some fresh air.

Keep a distance of 2 metres from other people you live with. If that is not possible, keep a distance of at least 1 metre from other people and wear a medical face mask.

Stay hydrated and drink plenty of fluids .

Stick to an active routine

While you may not be able to stick to your normal routine—, you can create a new routine which includes alternative ways to keep active. As tempting as it may be to stay in bed and work in your pyjamas, in the long run this is bound to have a detrimental effect on your overall mood.

2. Stretch in your living room.

Try: Knitting not for you? Why not try:

Embroidery

Sewing
Pickling
Crocheting
Making music
Restoring furniture
Pottery
Origami
Candle making
Flower pressing
Baking
Reading
Writing
Scrapbooking.

Remain in touch with your friends and family

Staff will support you and help you get through this.

