

SELF ISOLATION

FOR ASYMPTOMATIC CONTACTS OF PATIENTS INFECTED WITH COVID-19



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأمريكية في بيروت

Our lives are dedicated to yours

SELF ISOLATION MEANS STAYING AWAY FROM SITUATIONS WHERE YOU COULD INFECTION OTHER PEOPLE.



This means any situation where you may come in close contact with others (face-to face contact closer than 2 meter for more than 15 minutes), such as:

Social gatherings | Work | School | University | Education providers | Prisons
Religious-based gatherings | Sports | Aged care | Gatherings | Restaurants
Childcare/pre-school centers | Healthcare facilities | All public gatherings



TRANSPORT

- When it is necessary to go from one place to another, do not use public transport. If there is an absolute need to use public transport, sit in a window seat in a row by yourself, where possible, wearing face mask
- You should minimize your use of public transport, taxis and ride-sharing apps like Uber.
- Avoid crowded public transport, especially during rush hour.
- Make sure you use hand sanitizers regularly.
- If you need to cough or sneeze, then cover your mouth or nose, or you can cough or sneeze into your sleeve and perform hand hygiene.

GETTING FOOD AND MEDICINE

- Where possible, contact a friend, family member or delivery services to carry out errands like supermarket shopping on your behalf.





LIVING WITH OTHERS

- You should limit your contact with people including family members to the strict minimum.
- You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.
- If you are in a home where there are other residents, minimize close contact with them by avoiding situations where you may have face-to-face contact closer than 2 meter.
- It is preferable to use your own room and own bathroom and sleep in a single bed. If not possible to have a single bathroom then you should be using detergents to regularly clean the bathroom after you use it.
- The other household residents do not need to self-isolate, provided these precautions are followed.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home.
- After using these items, you should wash them thoroughly with dish soap and water, and keep them away from other utensils used by the other residents.

TAKING CARE OF YOUR WELL-BEING



- Your emotional and mental health is important.
- It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.
- Reach out to your usual supports, like family and friends and talk about how you feel.
- Use social media, mobile phones and watch TV.
- We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.



WASH YOUR HANDS

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- You can use hand sanitizer if soap and water are not available and if your hands are not visibly dirty.
- Avoid touching your eyes, nose and mouth with unwashed hands.



COVER YOUR COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve.
- Throw used tissues in a rubbish bin and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly.
- You can also use hand sanitizers.