

Worksheet for Managing Self-Isolation

If you are self-isolating, it might be helpful to think about how you manage this time and deal with triggers for drug use. Consider the following:

What are the important things you have to do this week?

(GP appointment, visit pharmacy etc.)

If you have to go out and engage with others what is the safest way to do this?

(see reverse for ideas)

Triggers:

(what triggers to use drugs to you expect to have?)

How can you best manage these triggers?

What can you do to occupy yourself during the week?

(e.g. Netflix, tv, reading, puzzles, catching up with friends by phone, exercise in your home)

What is your plan in relation to: food for the week; washing clothes, etc?

What is your plan in relation to minding your mental health and your physical health?

HSE Guidance for Self-Isolation

Do:

- Stay at home, in a room with the window open.
- Keep away from others in your home as much as you can.
- Check your symptoms - call a doctor if they get worse.
- Phone your doctor if you need to - do not visit them.
- Cover your coughs and sneezes using a tissue - clean your hands properly afterwards.
- Wash your hands properly and often
- Use your own towel - do not share a towel with others.
- Clean your room every day with a household cleaner or disinfectant.

Don't:

- Do not share your things.
- Do not go to work, school, religious services or public areas.
- Do not use public transport or taxis
- Do not invite visitors to your home.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



RESIST www.hse.ie/handhygiene

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COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK

When you cough or sneeze **cover your nose and mouth with a tissue**

DO Cough or sneeze into your elbow, not your hands.

Throw away your tissue!

Clean your hands after coughing or sneezing.

THANKS!



HSE Building a Safer Health Service **hpsc** **RESIST**

How to Prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces

