

## PATIENT INFORMATION

# COVID-19 – Shielding for 14 Days Prior to an Ophthalmology Procedure

### Staying at home and shielding

Stay at home at all times and avoid any face-to-face contact to protect yourself.

This is called 'shielding' and the advice is:

1. Do not leave your house.
2. Do not attend any gatherings, including gatherings of friends and families in private spaces, for example, family homes, weddings and religious services.
3. Strictly avoid contact with someone who is displaying [symptoms](#) of coronavirus (COVID-19).

The Government is currently advising people to shield until 30 June 2020 and is regularly monitoring this position.

### Handwashing and respiratory hygiene

There are general principles you should follow to help prevent the spread of airway and chest infections caused by respiratory viruses, including:

- wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitiser. Do this after you blow your nose, sneeze or cough, and before you [eat or handle food](#)
- avoid touching your eyes, nose, and mouth with unwashed hands
- cover your cough or sneeze with a tissue, then throw the tissue in a bin
- clean and disinfect frequently touched objects and surfaces in the home

## Shielding whilst Living with other people

The rest of your household do not need to start shielding themselves, but they should do what they can to support you in shielding and to carefully follow [guidance on staying alert and safe \(social distancing\)](#).

At home you should:

1. Minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
2. Keep 2 metres (3 steps) away from people you live with and encourage them to sleep in a different bed where possible. If you can, use a separate bathroom from the rest of the household. Use separate towels from the other people in your house, both for drying yourself after bathing or showering and for hand-hygiene purposes.
3. If you share a toilet and bathroom with others, it's important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with). Consider drawing up a rota for bathing, with you using the facilities first.
4. If you share a kitchen with others, avoid using it while they're present. If you can, take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry used crockery and cutlery. If this is not possible, wash them using your usual washing-up liquid and water and dry them thoroughly. If you are using your own utensils, remember to use a separate tea towel for drying these.
5. Everyone in your household should regularly wash their hands with soap and water for 20 seconds, avoid touching their face and clean frequently touched surfaces.
6. Encourage the rest of your family or household to follow the advice as far as they are able. There is no need for them to follow the shielding measures themselves.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.