

Infectious Disease Isolation Handout

You and your family have been directed to self-isolate while at Royal Far West. This handout has been developed to provide an explanation of the guidelines for isolation and assist with any questions you may have. If after reading the isolation handout you have further questions, please phone Drummond House Reception by dialling 9 or 900 from the phone in your room or dial 9466 1700 from your mobile phone.

If you feel that you or any of your accompanying family members will be unable to adhere to these isolation guidelines let Drummond House Reception staff know. It may mean that you will need to cut short this visit to Royal Far West and return home if you are well enough to.

What is self-isolation?

Self-isolation means you must stay in your room and remain separated from others.

Why do I need to self-isolate?

You are in self-isolation because there is a possibility that you may expose other guests to a suspected infectious disease. If an infectious disease spreads to other families, the Royal Far West buildings may need to be shut down for infection control. If this occurs, all families will need to return home and Drummond House will undergo deep cleaning.

What symptoms does Royal Far West consider infectious and require self-isolation?

- Fever
- Cold and flu like symptoms – cough, sore throat, runny nose
- Vomiting
- Diarrhoea
- Some rashes
- COVID-19 symptoms – cough, sore throat, runny nose, shortness of breath, loss of taste, loss of smell

How long will I have to self-isolate for?

The period you will need to remain in isolation will depend on your symptoms.

Who needs to self-isolate?

You and all your accompanying family members are required to self-isolate regardless of having symptoms or not. Family members without symptoms may be incubating the same infection even if they do not have symptoms.

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Monitor symptoms and seek help if they develop

You must monitor yourself and your accompanying family members for symptoms and inform Drummond House staff if there are new symptoms or changes. If you or RFW feel you need medical assistance, Drummond House Reception will assist.

What will happen to our clinical appointments?

All appointments for any family members will be postponed until you and your family have had no symptoms for at least 24 hours. We will do our best to reschedule your appointments.

Can I leave my Room? Can I have visitors?

No. Self-isolation means you must stay at your room and restrict your normal activities. Only Royal Far West staff are permitted access to your room during your isolation period. The staff may be wearing protective clothing if they enter your room. This will depend on your symptoms.

Can my children go to School or recreational activities?

No. All persons who are in self-isolation will not be allowed to go to school, recreation activities or use the common areas in Drummond House regardless of whether they have symptoms or not.

What about meals?

All your meals will be delivered to your room. Your meals will be served on disposable plates with disposable cutlery. Place the disposable plates, cutlery, cups, and left-over food in the bins provided.

Can I go for a walk in Manly or go into the RFW Rose garden?

This will depend on what symptoms you or your family member has. For most infectious diseases, the first 24 hours you will need to stay in your room. If the isolation period is longer than 24 hours and if advised by Drummond House staff, you may go for a walk in Manly provided you maintain social distancing from others and wear a face mask. Unfortunately, you will not be allowed to use the Rose garden or any common areas in Drummond House. You will also not be allowed to enter CCK. Drummond House staff will advise when you are cleared to leave isolation.

How can I obtain other essential supplies?

You can ring Drummond House Reception to pick up medicines for you.

What happens if you don't comply with self-isolation?

Not following these isolation guidelines puts your family, other guests, and Royal Far West staff at risk. Therefore, you will be asked to leave Drummond House to seek alternative accommodation at your own cost or return to your home.

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How can you help stop the spread of infectious diseases?

The precautions to take are:

1. Wash your hands

You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, face masks.

2. Cover coughs and sneezes

You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve or elbow. Used tissues should be placed in a bin, and hands cleaned immediately with soap and water for at least 20 seconds or alcohol-based hand sanitiser.

3. Do not share household items

You should not share dishes, drinking glasses, cups, eating utensils, towels. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine.

4. Clean household surfaces regularly

Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, tablets, and bedside tables, at least once a day. After cleaning apply a household disinfectant or diluted bleach solution.

To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water. Ensure you follow the safety instructions on the bottle.

For further information on cleaning see [NSW Health COVID-19 fact sheets and brochures](#).

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