

COVID 19 Self-isolation Packs and FAQs

This is your self-isolation pack to support you self-isolating at home. This pack is provided to help you minimise the risk of spreading the virus.

The pack includes the below items:

Hand sanitiser – To be used to disinfect your hands whenever you might have got in contact with cough droplets. This might happen after using a tissue to blow your nose or coughing. This should not replace washing your hands frequently with soap and water.

Face Masks – To be used to prevent spreading the virus when sharing the same area as other people in your household or if you are requested to visit a healthcare provider. People that live with you might also benefit from wearing a facemask if they are required to assist you. The correct technique of put on and take off a mask should always be followed. Refer to FAQs section for more information.

Disposable tissues – for you to use when sneezing, coughing or blowing your nose. Dispose of these immediately after use (remember: catch it, bin it, kill it). Use the waste bags provided for disposal of these tissues.

Surface cleaner and surface wipes – for use at home on surfaces. Remember, to clean the commonly touched places such as door handles, sinks and taps, remote controls etc.

Gloves – To be used by others if they are required to support you when you are self-isolating at home. Dispose of gloves after using them and remember to wash your hands after removing gloves.

After speaking with our pharmacy team, you might be sent additional items as per list below:

Thermometer and probe covers – for you to be able to measure your temperature. Dispose of any used ear covers immediately into a waste bag.

Paracetamol – you will be provided with 16 paracetamol tablets in case you have a temperature so that you have some stock at home. These are not to be taken with any other paracetamol containing medicines or if you are allergic to it.

Leaflets included in this pack for your information:

Home isolation advice sheet and self-isolation poster – guidance for you on home isolation.

Shared accommodation advice sheet – guidance for people that live in the same household as you.

FAQs

1. Where can I find information on COVID-19?

You will hear lots of things about COVID-19, be mindful of the sources you use to find information. Sources such as nhs.uk and gov.uk are reliable source and will contain the latest advice.

We are maintaining a website for you to access the communications from us, useful resource and to help you access information from trusted sources.

<https://qphl.co/coronavirus/>

Some websites that can be used are below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

<https://www.nhs.uk/conditions/coronavirus-covid-19/common-questions/>

2. How to put on and take off a face mask?

1. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
4. Replace the mask with a new one as soon as it is damp.
5. To remove the mask: remove it from behind (do not touch the front of mask); clean hands with alcohol-based hand rub or soap and water.

3. What can I do if my pharmacy cannot provide me with my prescribed medicines?

Pharmaxo would be able to provide you with your medicines if you are provided with a paper prescription from your doctor. Unfortunately, Pharmaxo will not be able to accept electronic prescriptions from GPs. Contact Pharmaxo on 01225 302188 option 3 to check if stock of your items is available and agree delivery arrangements.

4. Can I contact Qualasept for resupply of the items provided in this pack?

If you are self-isolating you should be able to access supplies from your community pharmacy. We cannot guarantee that we can keep you fully stocked with these items as they may be in short supply. If we have them and can spare them then yes.