



DEPARTMENT OF HEALTH SEYCHELLES

ADVICE FOR PATIENTS BEING DISCHARGED FROM THE ISOLATION UNIT

MONDAY 27TH APRIL 2020

You are being discharged from the Isolation Unit today.....2020.

This means that you have now tested negative for the COVID-19 Virus. You will now be transferred to a convalescence facility and remain under observation for at least 7 days. Thereafter, you will be able to return to your home. Please follow the following precautions for a further 7 days.

- ✓ Stay home. Do not entertain or accommodate visitors.
- ✓ Where possible stay in a separate well ventilated room. Keep windows open.
- ✓ Wear a mask when using shared spaces. Open doors and windows whenever possible.
- ✓ Use a separate toilet and bathroom from the rest of the household. If you have to share, be sure to clean and disinfect them after use.
- ✓ Wash your hands frequently with soap and water for at least 20 seconds especially after using the toilet
- ✓ Use alcohol based hand sanitizer when water and soap are not available.
- ✓ Do not touch your eyes, nose and mouth with unwashed hands.
- ✓ Avoid sharing household items such as dishes, drinking glasses, cups, towels, bedding, telephones or other items.
- ✓ Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, several times a day with a disinfectant, e.g. Javel solution.
- ✓ Wash laundry thoroughly.

During this time a health worker will be calling you regularly to check how you are. You may also call the following telephone numbers if you would like to talk to someone:

4388378 or 4322845 (Monday to Friday 8 a.m. - 4 p.m.)
2822266 (After 4 p.m. and on weekends)

After the recommended 7-day period, you should continue with the strict hand and respiratory hygiene and social distancing measures. These same measures also apply to the general population.

- ✓ Stay home as long as the restriction of movement is in force
- ✓ Wash your hands frequently
- ✓ Cover your mouth when coughing or sneezing
- ✓ Avoid touching your eyes, nose or mouth

- ✓ Maintain 2 metres distance from others
- ✓ Stay away from crowds
- ✓ Stay healthy!

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