

# Cambridge Medical Centre Patient Information

## Self-Monitoring and Self-Isolation - What do these mean?

### Self Monitoring:

- If you may have been exposed to Coronavirus/COVID-19, it may be recommended you “self-monitor” for symptoms for 14 days. This limits exposing others to the virus.
- Monitoring yourself helps your medical care team care for you if you develop fever, cough or other symptoms.

### How to Self Monitor:

- There is no need to remain inside your home, but limiting exposure to public places is recommended and visits to stores, clinics, cafes, etc. should only be done if truly necessary.
  - Self monitoring should be done for a full 14 days from the last possible exposure.
1. **Check your temperature** every day.
    - If you use an oral thermometer, do not drink anything for at least 20 minutes before testing.
    - Clean the thermometer well between uses.
  2. **Record your daily temperature** and any new symptoms on a calendar or the table below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- \* If you develop fever of 38C or higher, cough or difficulty breathing, ring **Healthline at 0800 358 5453** or **Cambridge Medical Centre at 827 7184** for further recommendations.

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### Self Isolation:

- Self-isolation is a measure being prescribed to limit the spread of Coronavirus/COVID-19.
- If you have been exposed to a test-proven case of Coronavirus/COVID-19, staying away from public places and other people will decrease the spread of the disease.
- Self-isolation is also recommended for people who may not have been exposed but have symptoms including fever or cough. This is also to limit possible spread of the virus.
- **It is not necessary to have a positive test for Coronavirus/COVID-19 to require self-isolation.**
- **It is very important to complete a full 14-days of self-isolation.**

While you are on Self-Isolation, your close contacts and household members may be asked to Self Monitor.  
Please have them follow the recommendations above.

## **How to Self Isolate:**

- **Stay in your home.** It's ok to walk the dog or get a breath of fresh air outside from time to time, but otherwise, stay inside. Keep your windows open to keep air moving through your room.
- **No work outside of your home for 14 days.**
- **Do not allow visitors into your home.**
- **No visits to restaurants, cafes, salons, gyms, cinemas or other public places.**
- **Do not use public transportation of any kind.**
- **Minimise contact with others** including family members.
  - Having one room you can stay in most of the time with the door closed is best. If that is not possible, avoid face-to-face contact (less than two metres) with others for longer than 15 minutes.
- **Clean common spaces frequently.** If you share a kitchen or bathroom with others, use them when no one else needs to be there and clean all surfaces with spray cleaner or cleaning wipes after every use.
- **Keep separate** your dishes, towels, bed linens and toiletries including hairbrushes and toothpaste separate. Wash your belongings separately in soap and water, the dishwasher or the laundry machine.
- **Coordinate** with friends and family and use community resources to have food and supplies delivered to your home. Deliveries must be left outside your home for you to collect.
- **Wash your hands frequently** and remind family members to wash their hands frequently as well.
- **Cover your mouth and nose** with a tissue if you cough or sneeze and then immediately wash your hands.

## **Helpful Resources:**

**NZ Ministry of Health website:** <https://www.health.govt.nz/>

**Healthline - 0800 358 5453**

**Cambridge Medical Centre - 827 7184**