

# Scottish autism

WHERE AUTISTIC PEOPLE  
ARE VALUED

## Stage 3: Isolate

Isolating is all about staying at home and away from other people. This helps to stop the spread of Covid-19.

### What do I do if I am told I have Covid-19 and what about the people I live with?

As your test has come back to say you have Covid-19 you must continue to self-isolate for 7 days from the start of your symptoms. If your symptoms do not improve in 7 days then you should phone NHS 24 on 111 or your GP.

People in your household must continue to self-isolate for 14 days if your test comes back to say you have Covid-19. If they develop symptoms, they may request a test (see [Stage 1: Test](#)) and re-start their self-isolation. They must self-isolate for a further 7 days from the start of their symptoms.

The Scottish Government has produced a useful [infographic](#) showing this process.

### What if I have been in contact with someone who has been told they have Covid-19?

A contact tracer will get in touch and will let you know if they think you might be infected. You may or may not be showing symptoms of Covid-19.

The contact tracer will ask you to self-isolate for 14 days, whether you are showing symptoms of Covid-19 or not. This is because symptoms can take this long to develop and you can also pass on Covid-19 without showing any symptoms.

If you live with others and the contact tracer has asked you to self-isolate for 14 days, and you are not showing symptoms of Covid-19, then the other people in your household will not be asked to self-isolate. It is important that you self-isolate from the rest of your household to stop the spread of possible Covid-19 (See section below: 'How do I self-isolate from my household?').

If you start showing symptoms of Covid-19 during your 14 days self-isolation then you may request a test ([Stage 1: Test](#)) and re-start your self-isolation. You must self-isolate for a further 7 days from the start of your symptoms. The other people in your household should also start to self-isolate for 14 days. If they develop symptoms, they may also request a test and re-start their self-isolation. They must self-isolate for a further 7 days from the start of their symptoms.

## How do I self-isolate from my household?

If you are self-isolating and the rest of your household are not, then you should:

- Stay 2 metres apart.
- Stay in a different room and make sure there is some fresh air, for example, have the window open or have a fan to help move the air around the room.
- Sleep alone and in different beds.
- Minimise the time you are in shared areas, for example the lounge, kitchen or bedroom.
- Avoid using the kitchen whilst others are in it.
- Use a separate towel to dry your hands after washing them.
- Clean any hard surfaces throughout the home every day.

If you are self-isolating from the rest of your household, members of your household can still go out and could go to the shops or pharmacy for you if needed. Also see [Stage 4: Support](#).

*This document was updated on the 12<sup>th</sup> of August, 2020. This information has been written as clearly as possible for a wide readership. If you require support with this information then please make contact with our [Autism Support Team](#).*