



3 MAY 2022

GUIDELINES FOR NIUE HOME SELF ISOLATION

Stay at home or in alternative accommodation and take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the flu or common cold.

Please wear your mask when in shared spaces with others who may be in the household with you. Whenever possible, keep yourself out of any situation where you come into face-to-face contact with others closer than 2 metres away for more than 15 minutes.

If you feel you need to see a doctor, please call Niue Ffoo Hospital at 4100. DO NOT go to Niue Ffoo Hospital.

Please make arrangements for your shopping to be done by other family members who do not live in the same household as you.

Breaching Self-Isolation

Self-isolation cannot be carried out properly unless you cooperate fully. Therefore, the general public is aware you are in self-isolation and will be on alert for any breach of these self-isolation rules. Any activities or sightings of you that breach these rules will be reported to the relevant authorities.

The strictness of these rules ensures COVID-19 is not introduced into the community, and we strongly encourage you to adhere to them for the sake of everyone in Niue.

Follow up medical and pastoral care.

The Public Health team and other health staff and government staff may visit you at your home or accommodation or contact you as required during your self-isolation period. The team may conduct health checks and talk to you about your general well-being.

If you live alone, the team may call you by phone more often than those living at home with family. If you need assistance with shopping or you need to run some urgent errands like getting a power token, and you do not have family who can assist, please speak to the health staff or other government staff during their visits. They will be able to assist you.

Limit your contact with people other than your family or companions you travel with.



We do not expect you to remain indoors all the time, so ensure you get plenty of fresh air and drink plenty of water.

Adhere to the following whilst in self-isolation

Staying at home may present its challenges, but there are things you can do to make it easier:

- Talk to friends and family and ask for their help to access the things you need in advance
- If you are employed, talk to your employer to see if you can work from home if you can
- Think about, and plan how you can get access to food and other supplies such as medications (please let the health staff know)
- If you need supplies which you are staying at home, ask family or friends to drop off anything you need
- You can keep in touch with friends and family over the phone or through other means such as video or chat services
- Physical exercise is good for your well-being. Do not feel that you must avoid activities like brush cutting and mow around your home. You can still do these things, provided it is by yourself or away from other people

What does this mean for people living with me?

Everyone in your household should regularly wash their hands, wear a mask, avoid touching their face and clean frequently touched surfaces.

Minimise close contact with those you live with. That means avoiding situations where you have face-to-face contact with them closer than 2 metres for more than 15 minutes.

Maximise natural ventilation by opening windows, doors, and vents when conditions allow (if that does not pose a safety risk), mechanical ventilation using fans and ducts, or both.

Basic Hygiene

Please wash your hands often and thoroughly with soap and water for at least 20 seconds, and dry them thoroughly. Do not share your towel with any other person in your household.

If soap and water are unavailable, you can also use hand sanitiser (containing at least 70% alcohol). If using a hand sanitiser, cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose and mouth with unwashed hands. The same hygiene should apply to all household members.

Cover your mouth and nose with a tissue, and use your sleeve or elbow when you cough or sneeze. Throw used tissues into a rubbish bin and immediately wash your hands.

Sleeping arrangements

When self-isolating, you should not be sharing a bed with another person(s). Avoid sleeping in a common area, e.g. do not sleep in the living room where others in the house also use the living room.

Aim to stay in a well-ventilated room with a window that can be opened. Try to keep the window open as much as possible to enable ventilation and airflow, as this will help clean air move through your room.

Sharing living rooms/bathrooms

Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces clean and well ventilated.

If you use a shared toilet and bathroom, you must clean them after you have used them each time, for example, wiping surfaces you have come into contact with. It is a good idea to be the last to use the bathroom in the morning or evening to make this easier on those you live with.

It will help if you use your own bathroom supplies such as soap, toothpaste and other supplies during your self-isolation at home.

Clean regularly

Clean surfaces with disinfectant after you use them. Try to avoid touching them after you have cleaned them. This includes areas like kitchen benches and sink tops, and dining areas.

Shared kitchens

If you share a kitchen with others, avoid using it while others are present. Take your meals back to your room or find an area away from others to eat alone. It may be easier for someone to prepare your food and deliver it to you safely so that you avoid the kitchen area.

Wash your used dishes and cutlery with dishwashing liquid and hot water, and dry them thoroughly with your own separate tea towel.

We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance, and everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Towels

Ensure you use separate towels from other people in your house, both for drying yourself and after bathing or showering and for hand hygiene purposes.

Items you shouldn't share

Don't share dishes, drinking glasses, cups or eating utensils with other people in your home. After using these items, you should wash them thoroughly with dishwashing liquid and hot water.

Use your own toothbrushes, towels, washcloths or bed linen.

Do not share food or drinks. Do not prepare food for others.

Do you use the same phone, TV or stereo remote control, or radio, tablets, laptops or other items as others in the household.

No Visitors Allowed

Do not invite or allow social visitors, such as friends or family, to enter your home. If you want to speak to someone outside your household, use the phone or other means of contact.

You should avoid having visitors to your home, but it is okay for friends and family to drop off food and supplies safely, e.g. outside the verandah, while you wait inside until they have left.

Laundry

It will help if you do your own laundry.

Do not shake dirty laundry. This minimises the possibility of dispersing the virus. It may be easier for someone else to fold and put away clean laundry items (such as towels and tea towels) and provide a supply for you.

For further information or guidance, or if you have any questions about these guidelines, please contact Gaylene Tasmania, Director-General for the Ministry of Social Services, at Gaylene.tasmania@mail.gov.nu or call Niue Foou Hospital on 4100.