

A guide to self-isolating safely

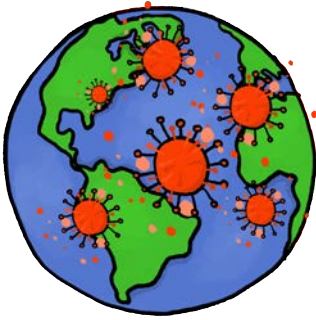
Checklist



**easy
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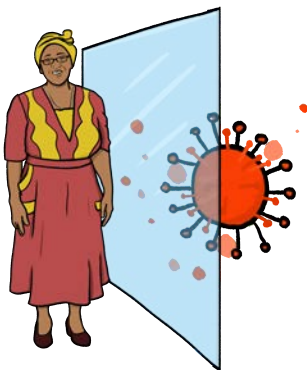
Coronavirus



COVID-19 is also called coronavirus. It is an illness that is spreading around the world.



Coronavirus can affect your lungs and breathing. Some people can get very poorly if they catch it.



We have all had to do things differently to stay safe from coronavirus.



This guide will explain what to do if you have been told to **self-isolate**.

Self-isolate means staying at home and away from other people, to stop the spread of coronavirus.

Self-isolation



If you have been told to self-isolate, you must go home straight away.

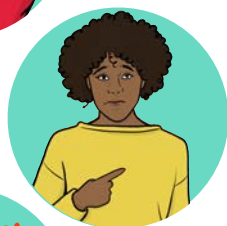


You must stay at home and away from other people for 10 days.

Reasons you will be told to self-isolate

You will be told to self-isolate if:

- ✱ you have coronavirus
- ✱ you think you may have coronavirus
- ✱ you have been close to other people who have coronavirus.



How to self-isolate safely - checklist

If you have been told to self-isolate, here are 10 ways for you do it safely:

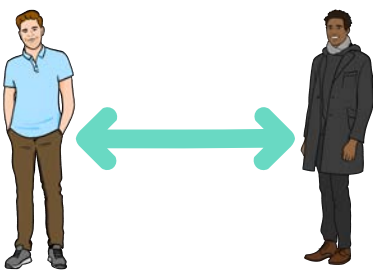
1. Know your 10 days



It is important to stay at home, away from other people, for a full 10 days.



You should not leave home from the date you start to self-isolate, to the date you finish.

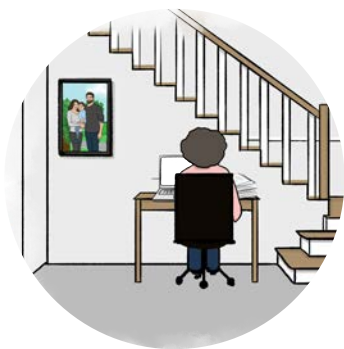


During the 10 days you should try to keep a safe distance from the people you live with.



Wash your hands regularly, and clean any surfaces you touch.

2. Tell your work



Talk to your work about working from home, or getting sick pay whilst you self-isolate.



There is other help available if you can't work from home, or if you work for yourself.

3. Plan your money



Make sure you have enough money to pay your bills and rent whilst you self-isolate.



If you don't have enough money, you can talk to the companies about paying them later.

4. Arrange food, medicines and things you need



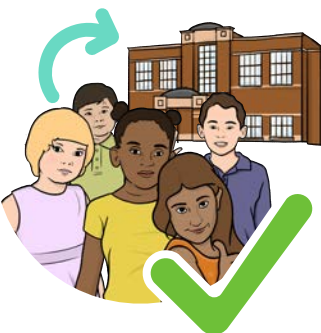
You cannot leave home when you are self-isolating, so ask friends or family to drop-off things you need.

Many shops and pharmacies will deliver food and medicines.



You can ask for help to get things you need from your local community hub. Send a text message to:
07860 022 876

5. Continue your children's education



If it is only you that has been told to self-isolate, your children should still go to school as normal.



If they need help to get to school, you should ask friends or family to take them.



If your children have been told to self-isolate, tell their school and ask them for school work to do at home.



The school can also arrange for any free school meals to be delivered.

6. Get care for anyone you look after



If you care for someone, ask friends or family to look after the person while you self-isolate.

7. Look after your mental health



Keep in touch with friends and family by phone or online video, so you don't feel lonely.



If you are finding it difficult to cope, you can get mental health support by texting the word 'SHOUT' to: **85258**

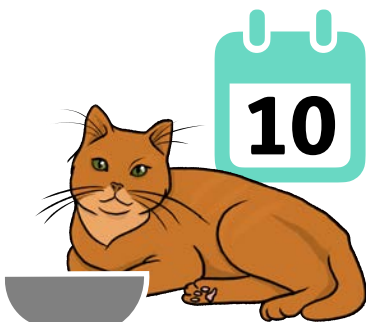
8. Keep moving at home



Try and stay active while you self-isolate, to keep your mind and body healthy.



Aim to get your body moving for 30 minutes a day. But remember you must stay at home.



9. Look after your pets

If you have pets, make sure you have enough pet food for 10 days.



Ask friends for family for extra pet food if you need it, or ask them to look after your pets while you self-isolate.

10. Get any other help you need



As well as your local community hub, you could get help from **NHS volunteer responders**.

NHS volunteer responders support people who have to self-isolate. They can help you get the things you need.



To find out more and arrange some support, call: **0808 196 3646**

For more information



For more help and support with self-isolation go to: **doyourbitgm.org**