

# When to self-isolate and what to do:

## What is self-isolation?

Self-isolation is when you do not leave your home because you have, or might have, coronavirus. Self-isolation helps stop the virus spreading to other people.

## When should I self-isolate?

As soon as you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)	<b>Self-isolate for 10 days</b>
You've tested positive for coronavirus	<b>Self-isolate for 10 days</b>
You live with someone who has symptoms or who has tested positive	<b>Self-isolate for 14 days</b>
Someone in your support bubble has symptoms or has tested positive	<b>Self-isolate for 14 days</b>
You're told to self-isolate by NHS Test and Trace	<b>Self-isolate for 14 days</b>
You arrive in the UK from a country with a high coronavirus risk	<b>Self-isolate for 14 days</b>
A school has told a pupil to isolate as part of a bubble	<b>Follow school guidance</b>

## How do I self-isolate?

- Do not go to work, school or public places – work from home if you can
- Do not go on public transport or use taxis
- Do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- Do not have visitors in your home, including friends and family
- Do not go out to exercise – exercise at home or in your garden, if you have one
- The government has made it clear that you must not attend a workplace during your time of self-isolation.

## What are the symptoms of coronavirus?



High temperature



New, continuous cough



Loss or change to your sense of smell or taste

Most people with coronavirus have at least one of these symptoms.

## Help and support to self-isolate

If you need help or support to self-isolate, for example with collecting shopping or medicines, please visit: [www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk)

If you need immediate support please call **01274 431000** (Monday to Friday 8am - 6pm). Our friendly team can help by:

- putting you in touch with a local food bank
- sorting out a priority supermarket delivery slot
- helping with loneliness and getting someone to give you a call
- referring you for welfare support or debt advice

For more information about self-isolation, and the help and support available while staying at home, visit: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)