COVID-19 Self-isolation

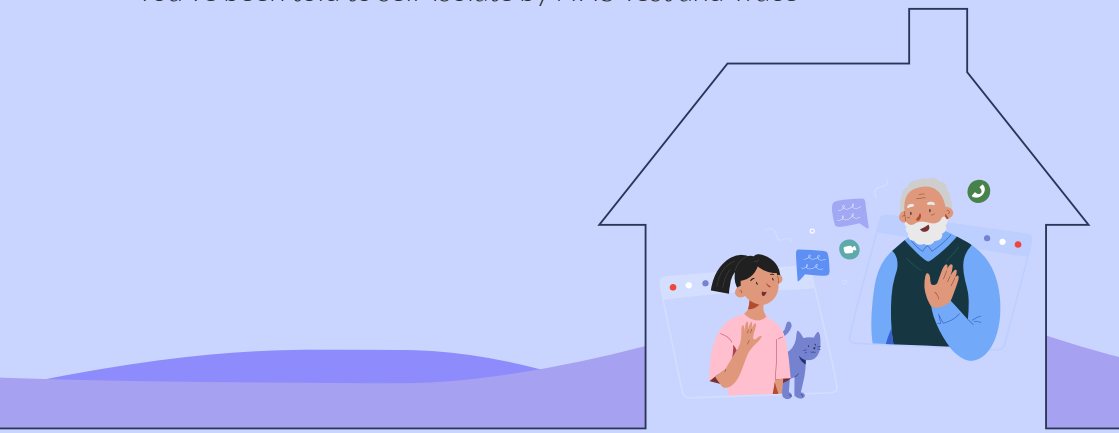
Self-isolation is when you do not leave your home because you have, or might have coronavirus (COVID-19). It is very important that anyone who has the virus, or might have been exposed to it, restricts the number of people they come into contact with for 10 days. This is the most effective way of preventing the coronavirus from spreading.

If you test positive for Coronavirus or have been identified as a contact by NHS Test and Trace, you must now self-isolate by law.

Who needs to self-isolate?

You will need to **self-isolate for 10 days** if:

- You have tested positive for coronavirus or have symptoms and are awaiting a test result
- Someone you live with has symptoms or tested positive
- Someone in your support bubble has symptoms or tested positive
- You've been told to self-isolate by NHS Test and Trace



Find out more online:
www.worcestershire.gov.uk/coronavirus

worcestershire county council

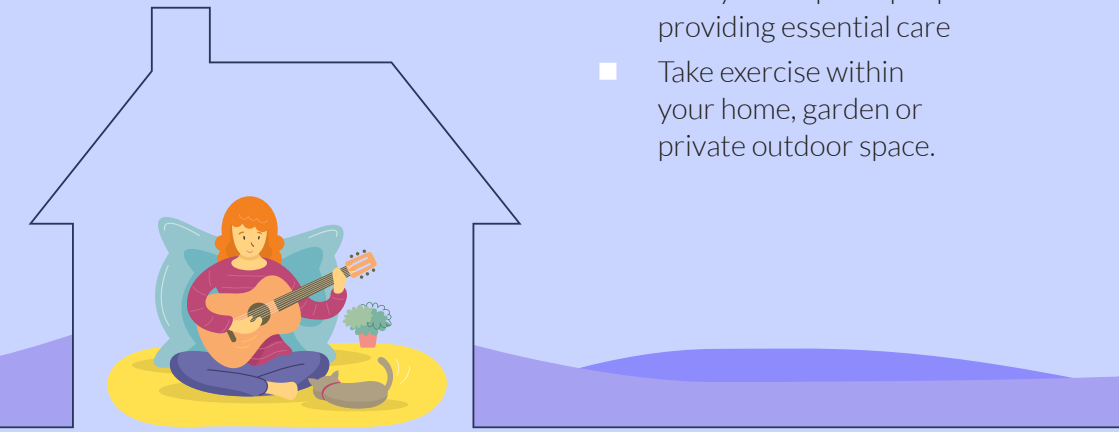
How do I self-isolate?

Day											
0	1	2	3	4	5	6	7	8	9	10	Day: 11
Symptoms start or test date (if no symptoms)											Resume normal activities following COVID-19 guidance.
← Self-isolation →											

Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

If you have tested positive for COVID-19 or have been told to self-isolate, you must:

- Go home and stay home
- Not leave your home, unless for urgent medical reasons or you are at serious risk of harm
- Stay away from those you live with
- Not go to work or school or public places
- Not go out to get food and medicine – order it online, by phone, ask a friend or contact Here2Help
- Not use taxis or public transport
- Not have visitors in your home, including friends and family – except for people providing essential care
- Take exercise within your home, garden or private outdoor space.



What to do if you coronavirus symptoms get worse:

Most people with COVID-19 will experience a mild illness. Seek prompt medical attention if your illness or the illness of someone in your household is worsening. It's important to get medical help if your symptoms get worse.

Urgent advice - use the NHS 111 online coronavirus service or call 111 if:

- you feel you cannot cope with your symptoms at home
- you feel breathless and it's getting worse
- your symptoms get worse and you're not sure what to do

If there is a medical emergency call 999 and inform the operator you may have coronavirus.

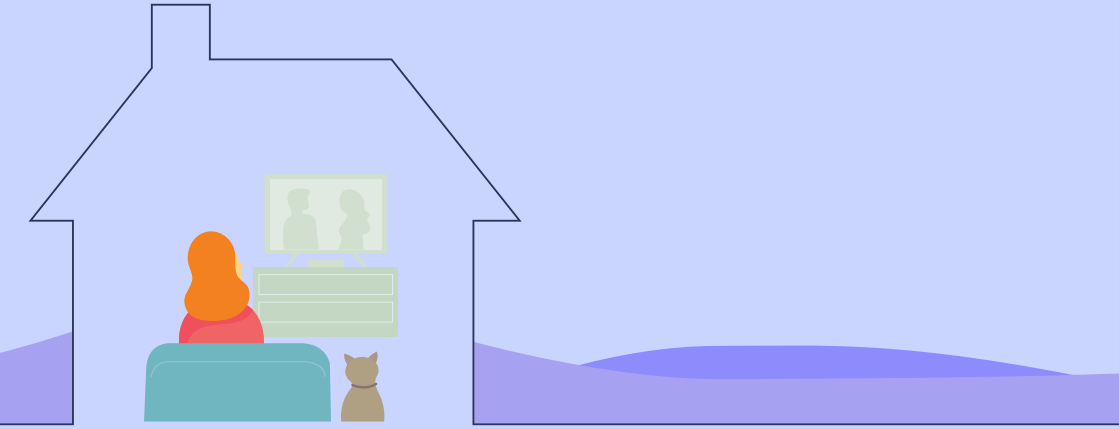
Information correct as of January 2021. For live and up to date information visit: **www.gov.uk/coronavirus**

How do I protect my family at home?

Stay as far away from other members of your household as possible, especially if they are clinically extremely vulnerable.

If you are self-isolating, reduce the chances of spreading the infection to people you live with:

- Stay on your own in one room as much as possible and keep the door closed
- Keep indoor areas well-ventilated with fresh air, especially shared living areas
- Avoid using shared spaces (such as the kitchen) at the same time as other people - eat your meals in your room
- Avoid sharing household items such as dishes, drinking glasses, towels, bedding or other household items after using these items wash them thoroughly with soap and water
- Use a separate bathroom - or use the bathroom after everyone else and clean it each time you use it, for example, by wiping the surfaces you've touched using standard household cleaning products.



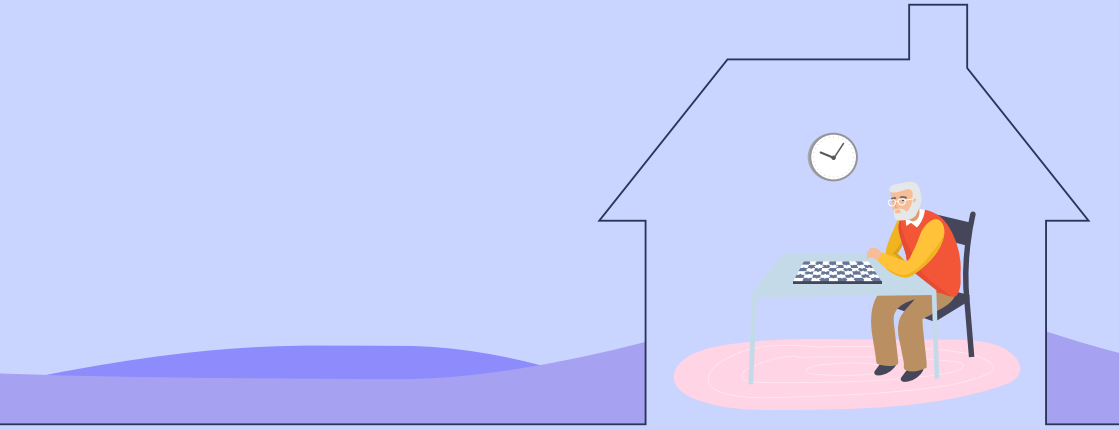
How to reduce the spread of infection in your home

DO:

- Wash your hands as often as possible with warm water and soap for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Keep windows open as much as possible
- Put used tissues in the bin immediately and wash your hands afterwards
- Clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products
- Consider wearing a face covering when in shared spaces

DON'T:

- Share towels, including hand towels and tea towels
- Have any visitors to your home – except for people giving essential care



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If you live with someone at higher risk from coronavirus

It's important to try to avoid spreading the infection to anyone who is at higher risk from coronavirus.

If you live with someone at higher risk, try to arrange for them to stay with friends or family while you're self-isolating.

If you have to stay at home together, try to keep 2 metres (3 steps) away from each other. If possible, try not to share a bed.

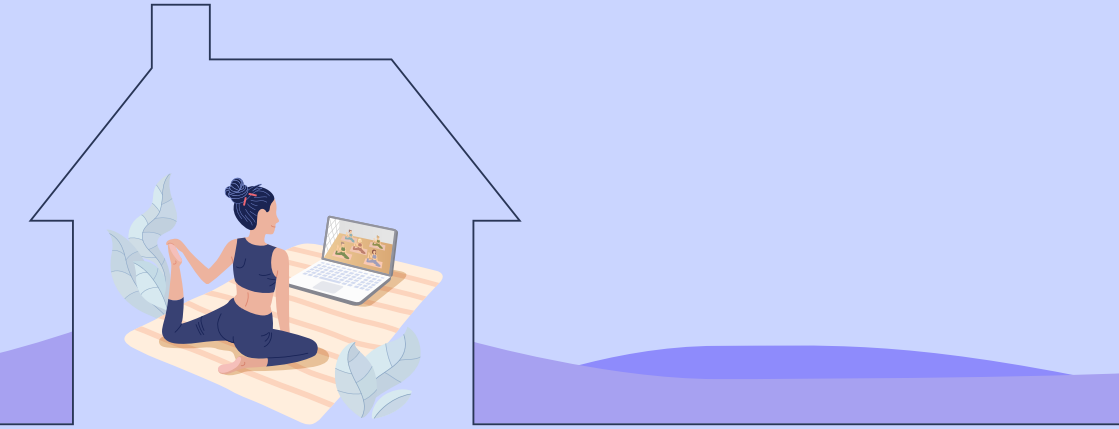
Help & Support whilst self-isolating

Here2Help is a community action response to Coronavirus (COVID-19). The service provides a central location for people who are unable to seek help from family, friends and neighbours. Here2Help can:

- Help with everyday tasks, like collecting shopping or medicines
- Link you to the relevant service if you are eligible to get sick pay or other types of financial support if you're not able to work
- Support you if you are feeling lonely, stressed or worried

We have received many kind offers of help and support from individuals, groups and businesses across Worcestershire during the pandemic.

The Here2Help advisors can help connect you to these organisations or volunteers to help you.



Contact our Here2Help service if you require support

HERE 2 HELP WORCESTERSHIRE

Go online: **www.worcestershire.gov.uk/here2help**
or call: **01905 768053** then press option 3.

The Here2Help opening hours are Monday to Thursday 9.00am to 5.00pm and Friday 9.00am to 4.30pm.

Self-Isolation Tips

This can be a difficult period, but it is important to self-isolate and follow the guidelines in order to keep your friends, family and community safe.

- Create a countdown of your 10-day isolation period and mark off every day successfully completed
- Plan ahead and think about what you will need to be able to stay at home for the full duration
- Ask your employer, friends and family for help to access the things you will need while staying at home
- Set a goal or activity for each day to keep you motivated
- Make sure you have plenty of healthy food and drinks available
- Have plenty of books, magazines and other activities to keep you busy
- Stay connected with friends and family via phone calls, texting and video calls
- Try to maintain a regular routine as much as possible
- Stay active by completing a home workout even small amounts of physical activity will do wonders for your emotional wellbeing
- Try not to think about what you can't do – focus on what you can do, like nurturing your interests and relationships and focusing on self-care
- It's important to try and stay positive - find some light relief and sources of laughter where you can
- Ask for help if you need it – we're all in this together
- Read, write, play games, do crossword puzzles, sudokus, jigsaws, drawing or painting. Find something that works for you
- Learning something new is a great way to stimulate the brain and tune out any anxious thoughts

Self-Isolation FAQ's

Why is self-isolating important?

Self-isolating will reduce the chance of a further wave of coronavirus in the UK and help prevent family, friends and the community from contracting coronavirus, as well as helping to protect the NHS.

I can't afford to leave work, what do I do?

You may be entitled to a one-off payment of £500 through the NHS Test and Trace Support Payment scheme if you are required to stay at home and self-isolate. Visit your local authority's website for more information or call Here2Help.

I'm finding it difficult to isolate from my family?

It may be difficult for some people to separate themselves from others in their household. Not all these measures will be possible if you are living with children or have caring responsibilities but follow this guidance to the best of your ability in these circumstances.

If I am self-isolating how do I look after my pets e.g. dogs/horses?

Ask a friend or family member to take care of your animals e.g. walk your dog, feed/exercise your horses. They will need to know in advance that you are self-isolating, so they can take the proper precautions to keep everyone safe. Keep the handover as brief as possible, it's important to maintain a minimum two-meter distance at all times. Make sure you both wash your hands before and after handling the animals.

If you don't have any local friends or family to help, contact Here2Help and they may be able to find a volunteer to help you.

Are the self-isolation periods optional?

Absolutely not. If you have been asked to self-isolate you must follow this advice as it is the law. The police can fine £1,000 for breaches, and that could rise to £10,000 for multiple breaches.

You must complete all 10 days of the isolation even if you feel well, as you can still spread coronavirus to others.

Can I leave my house to exercise or walk my dog on my own when it's quiet?

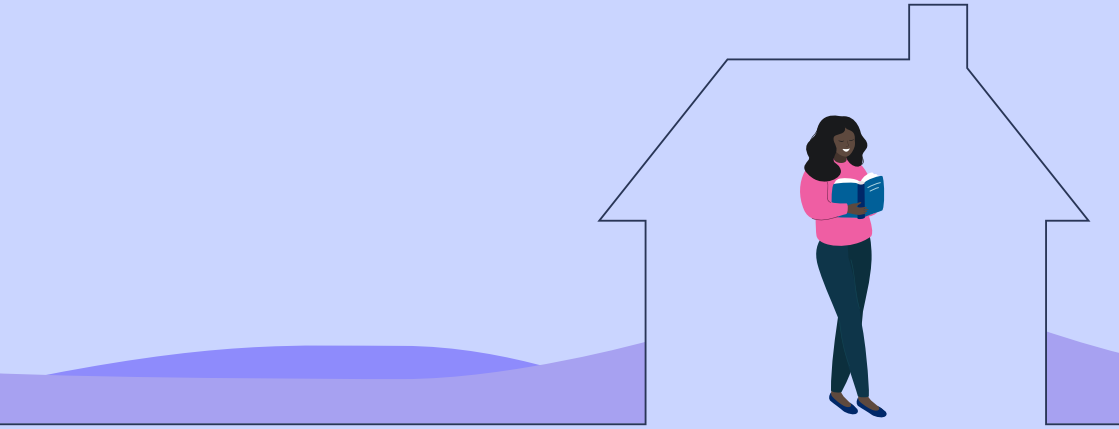
Sorry, no. You must not leave your house at all during your isolation period. You can only exercise in your home (including a private garden).

I thought close contacts had to self-isolate for 14 days?

This was the case, but new guidance came into effect on the 14th December 2020 which changed it to 10 days. Your close contacts will be contacted by NHS Test & trace and advised to isolate.

I'm currently self-isolating, am I allowed into my garden?

If you have a garden or outdoor space where you live, you can use that to go outside while you self-isolate. You should take extra care to stay at least 2 meters (6 feet, or 3 steps) away from other people who might pass by or look into your garden - for example, people walking on the street or neighbors in their own garden.



I need urgent help for my mental health and well-being.

It is quite common to feel worried, scared or helpless at the moment. This is a difficult time for everyone. It is OK to share your fears with others you trust - doing so could help them too.

If you are feeling anxious try to focus upon what you can control, including where you get information from and what you can do to make yourself feel better prepared.

The Urgent Crisis Team helpline is available 24 hours a day 365 day a year.

Telephone: 01905 681915

I'm feeling lonely and isolated and I don't have the internet.

Call the Here2Help service (01905 768053) who will connect you with a local service to help you such as the PLUS service.

People Like Us (PLUS) is a service that works across Worcestershire to support adults of all ages who are experiencing loneliness or isolation. Telephone: 01905 27525 or 0748 5312463

For children and young people the Worcestershire Reach4Wellbeing promotes and supports emotional wellbeing for children and young people aged 5 to 19 years old. Visit: www.hacw.nhs.uk/reach4wellbeing

When do I stop isolating?

You can stop self-isolating after 10 days if either: you do not have any symptoms, OR you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone.

If you get symptoms while you're self-isolating, the 10 days restarts from when your symptoms started.

Keep self-isolating if you have any of these symptoms after 10 days:

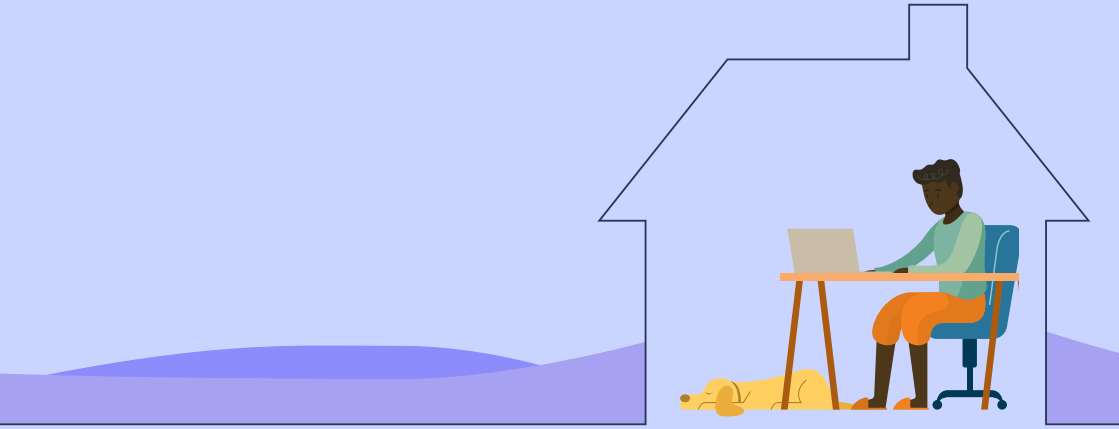
- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

Only stop self-isolating when these symptoms have gone. If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

Please stay at home and stop the virus spreading, Thank you.

More information about self-isolation guidance is available online on: **GOV.uk**

Or visit: **www.worcestershire.gov.uk/coronavirus**



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