

A GUIDE TO SELF-ISOLATION

What is self-isolation?

- **Self-isolation** is when you do not leave your home because you have or might have Coronavirus (COVID-19).

Why self-isolate?

- Self-isolation ensures you don't pass the virus on to anyone else, helping us get back to normal life.
- It is the law that you must self-isolate if:
 - you have tested positive for the virus;
 - you have been in close contact with someone who has the virus and have been advised to self-isolate by NHS Test and Trace.
- From 16 August, if you're fully vaccinated or under 18 you will not need to self-isolate following close contact with someone who has COVID-19. You'll still need to take a PCR test and self-isolate if your result is positive.

Self-isolating top tips

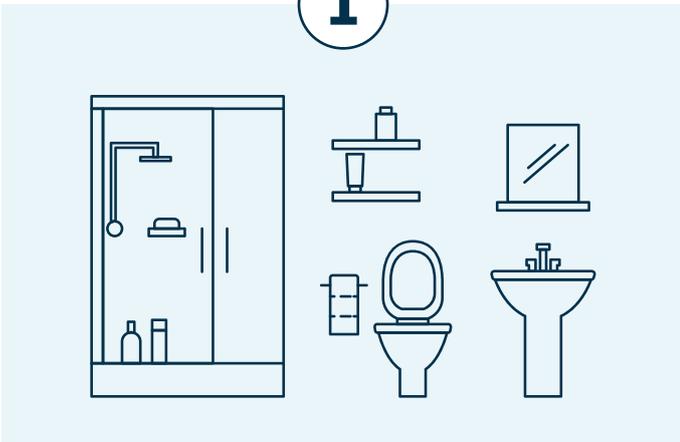
- ✓ **Do** ask for help if you need it
- ✓ **Do** contact friends and family or call the Hampshire Coronavirus Support and Helpline on **0333 370 4000** for help collecting food and medicine
- ✓ **Do** use online shopping services
- ✓ **Do** arrange for someone to take care of your pet, e.g. someone to walk your dog. (Call the Helpline if needed on **0333 370 4000**)
- ✓ **Do** check to see if you qualify for financial help
- ✓ **Do** stay in touch with others by phone, email and other devices – it's important for your mental wellbeing to keep in contact
- ✓ If you have a garden or open space try to use it for exercise and fresh air

- ✗ **Don't** go to work, school or public places
- ✗ **Don't** use public transport or taxis
- ✗ **Don't** go out to get food and medicine
- ✗ **Don't** have visitors in your home, including friends and family – except for people providing essential care
- ✗ **Don't** leave the house other than to have a Coronavirus test if you develop symptoms or to receive urgent medical attention

Household tips when in self-isolation:

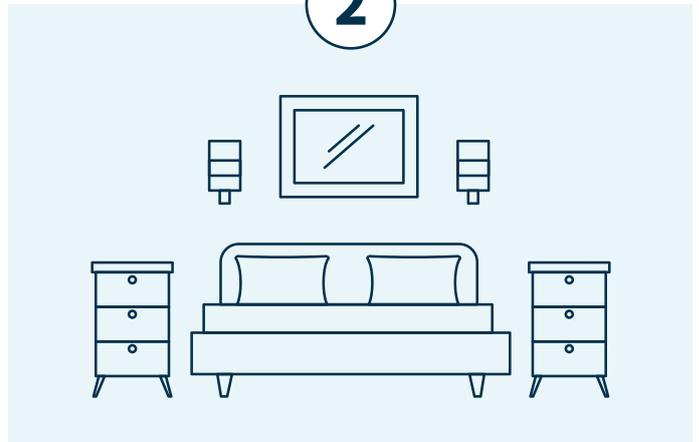
- You are most likely to get Coronavirus from someone you live with, as it spreads easily in small indoor spaces.
- If you have symptoms, however mild, or test positive, you should stay away from other people in your household as much as possible.
- This is especially important if they are more than 70 years old, pregnant, or have a weakened immune system.
- These tips will help you keep your household safe.

1



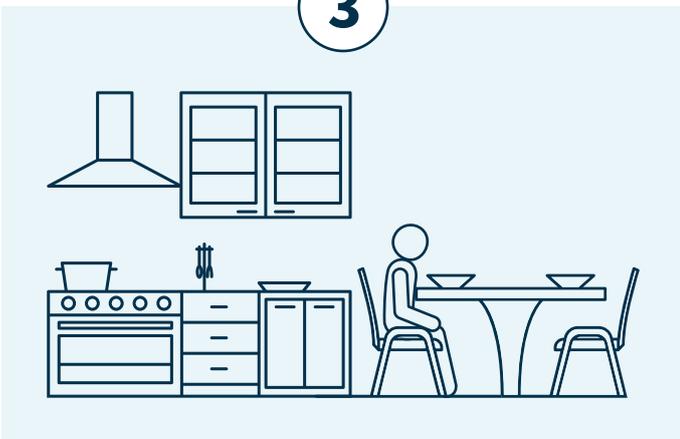
Use the **bathroom** after everyone else, have separate towels and clean afterwards.

2



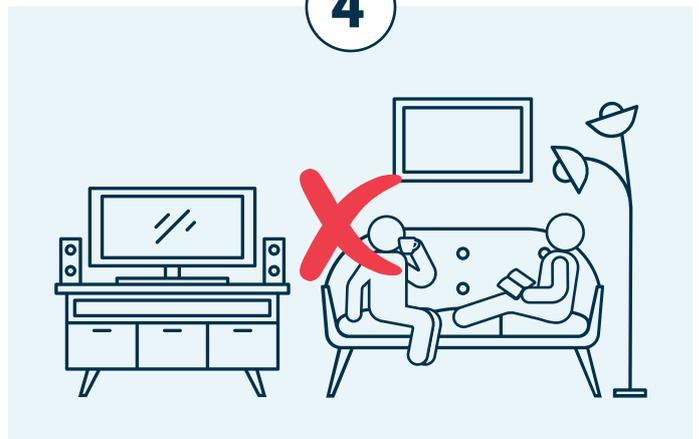
Stay in **one room** alone and keep the door closed, if possible. Ask the people you live with to help by bringing your meals to your door and by giving you space. Try not to share a bed. Ask your partner to sleep in another room or on the sofa.

3



Use the **kitchen** after everyone else, have separate crockery and clean afterwards.

4



Spend as little time as possible in shared spaces and wear a face covering when you do. If you live with someone at higher risk, try to arrange for them to stay with friends or family while you're self-isolating. Everyone in the house should wash their hands regularly.

Symptoms

- **How to treat Coronavirus symptoms at home:**

- there is no at-home treatment for Coronavirus (COVID-19), but you can often ease the symptoms yourself.

- **Treating a high temperature:**

- get lots of rest;
- drink plenty of water;
- take paracetamol if you feel uncomfortable.

- **Treating a cough:**

- avoid lying on your back;
- drink plenty of fluids.

- **Do not go to a pharmacy:**

- if you or someone you live with has COVID-19 symptoms, you must all stay at home;
- try calling or contacting the pharmacy online, or asking a friend to go for you instead.

- **If your symptoms get worse:**

- if you feel you cannot cope with your symptoms at home, for example you feel breathless and it's getting worse, call the NHS on 111 or use the NHS 111 online COVID-19 service.

- **Call 999 for an ambulance if you or someone you care for:**

- struggle to breathe;
- cough up blood;
- have blue lips or a blue face;
- feel cold and sweaty, with pale or blotchy skin;
- have a rash that does not fade when you roll a glass over it;
- collapse or faint;
- become confused or very drowsy;
- have stopped peeing or are peeing much less than usual;
- tell the operator you might have Coronavirus symptoms.

Be prepared for self-isolation

There are a number of things you can do to help prepare ahead of self-isolating. Think about:

- having a list of key contacts handy (your workplace, family and friends);
- offering to support friends and family if they need to isolate, they may agree to do the same for you;
- planning ahead to make sure you have all your everyday items, such as;
 - food (tinned foods, milk, bread, etc);
 - prescription medicines;
 - pet food.

If you need support:

Help is available, including practical and financial support, if you have to self-isolate. To find out more, visit the **Connect to Support Hampshire website**.

To help you get through your self-isolation, please ask for help from your friends and family or call the **Hampshire Coronavirus Support and Helpline** on **0333 370 4000** for help with food shopping, collecting prescriptions or to talk to someone if you are lonely.

You can apply for a £500 Test and Trace support payment if you are on a low income and will lose income if you have to self-isolate. You can also apply for a COVID-19 Hardship-Related Assistance grant if you are having difficulties paying for food and other essentials due to Coronavirus. For more information and to apply for these payments, contact your District or Borough Council.

Find your local council – [gov.uk/find-local-council](https://www.gov.uk/find-local-council)