

# Covid-19 Self-isolation support pack

A guide to help you through  
your self-isolation period

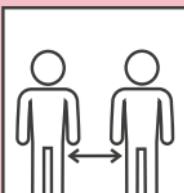
A horizontal rainbow graphic consisting of vertical stripes in the colors of the rainbow: red, orange, yellow, green, blue, and purple. It is positioned behind the main title text.

# STAY SAFE

# DO YOUR BIT



Wear a face  
covering



Watch your  
distance



Wash your  
hands

## **What are the symptoms of Covid-19?**

- A new, persistent cough
- A high temperature
- A change or loss in sense of smell/taste

## **What to do after your coronavirus test**

If your test was at a PCR test site, make sure you go straight home without making pitstops to the shop or to visit public spaces.

You must isolate until you receive your test results.

If you need essential supplies or other support during this time, please check the 'help and support' section at the back of this leaflet.

## **What if I test positive?**

If you test positive for coronavirus, you must self-isolate for 10 days with all members of your household.

The 10 days start from when your symptoms started. If you did not experience symptoms, the 10 days start from when you had the test.

It is a legal requirement to self-isolate.

Once the 10 days are up, you can stop isolating if your symptoms have gone, or if the only symptoms you have are a cough or loss of taste/smell. These symptoms can last for several weeks.

If you have a high temperature or feel unwell, please stay at home and seek medical advice.

If you are isolating because of a positive test but did not experience symptoms and you develop Covid-19 symptoms within your isolation period, you must start a new 10 day isolation period by counting 10 full days from the day following your symptom onset.

For more information, please visit:  
**[www.wigan.gov.uk/coronavirus](http://www.wigan.gov.uk/coronavirus)**

If you have been notified by NHS Test and Trace as a contact of a positive case, you must also self-isolate for 10 days.

Use the below check list as a reminder of things to think about while you self-isolate.

For more support and guidance, please check the ‘help and support’ section at the back of this leaflet.

## Are you prepared for self-isolation?

-  Make sure you're aware of how long you need to isolate for just in case.
-  Contact your GP or pharmacy about prescription delivery or ask someone you trust to collect them for you.
-  Make arrangements with friends or family members to help you buy food and essential items if you can't get a home delivery.
-  Speak to your manager about the processes in place for sick pay. You can access isolation notes via **[www.111.nhs.uk/isolation-note](http://www.111.nhs.uk/isolation-note)**

-  Think about ways to take care of your physical and mental health, just in case you need to isolate. Visit **[www.wigan.gov.uk/wellfest](http://www.wigan.gov.uk/wellfest)**
-  Make sure you've spoken to your child's school or college to find out how they can still access their education at home.
-  Think about other responsibilities you may have, such as being an informal carer or walking the dog. Think about who can help you with these tasks if you need to isolate.

For more information or to fill in our self-isolation form online, please visit **[www.wigan.gov.uk/coronavirus](http://www.wigan.gov.uk/coronavirus)** Alternatively, call our teams on **01942 489018**

## **What is the difference between self-isolation and social distancing?**

Social distancing is a national measure in place to help keep people safe when they're mixing with people they don't live with, for example when you're in the shop or in a public space. It's important because you could carry the virus and not know because you might not experience any symptoms. By keeping a 2m+ distance, you're reducing the chances of potential transmission.

Self-isolation is a legal requirement you must follow if you're experiencing symptoms of Covid-19, have tested positive, live with someone who has tested positive or have been identified by NHS Test and Trace as a contact.

It means you cannot leave the home unless for very specific reasons. Refer to the checklist above to think about the arrangements you need to put in place.

## **Why is self-isolation important?**

You could pass on the virus even if you don't have any symptoms. If you've been in close contact with someone who has the virus, your own symptoms could take up to 10 days to surface. By self-isolating straight away, you're reducing the risk of transmitting the virus to other people, including those vulnerable to serious illness.

Self-isolation is key to tackling the pandemic and is a big way we can all do our bit to reduce the spread. It will also help to relieve pressure on our NHS and key workers.

## **Do I have to social distance at home?**

If you or someone you live with has Covid-19, you should spend as little time as possible together in shared spaces like kitchens, dining rooms or living areas.

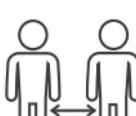
The person who has tested positive should use a separate bathroom where possible, however, if this isn't realistic, make sure the bathroom (and other frequently touched surfaces in the home) are cleaned regularly.

Government guidance advises the use of a face covering when spending time in shared areas to minimise the risk of spread to others. This does not replace the need to limit your interaction.

# **STAY SAFE DO YOUR BIT**



Wear a face covering



Watch your distance



Wash your hands

## Help and support

If you need help accessing essential supplies, digital support or want to be connected with nearby community groups, regardless of whether you're self-isolating or not, please fill in our online form. You can fill it in on behalf of yourself or another person. Please visit [www.wigan.gov.uk/coronavirus](http://www.wigan.gov.uk/coronavirus) and click 'Tell us if you're self-isolating and need support' tab.

Alternatively, you can call **01942 489018**.

If you need support accessing medical prescriptions or need a hand travelling to medical appointments, the NHS Responder scheme could help. Please visit [www.nhsvolunteerresponders.org](http://www.nhsvolunteerresponders.org) for more information.

If you're on a low income and cannot work during self-isolation or because a child or young person needs to self-isolate, you may be eligible for a £500 Test and Trace support payment, which will be paid directly into your bank account.

Visit [www.wigan.gov.uk/coronavirus](http://www.wigan.gov.uk/coronavirus) and click the 'Test and Trace support payment if you're self-isolating' tab.

If you find yourself in financial crisis, you can also apply for welfare support online, which may qualify you for food parcels, gas and electric vouchers or furniture packages.

Please visit [www.wigan.gov.uk](http://www.wigan.gov.uk) and search 'welfare support' or call **01942 705221**.

For advice on how to manage your physical and mental wellbeing while at home, our digital Wellfest resources could help.

There's something for everyone including crafts, exercises and mindfulness. Head to [www.wigan.gov.uk/wellfest](http://www.wigan.gov.uk/wellfest) for more information.