

# 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?

- If you have the virus you need to make sure you don't pass it on to anyone else. Self-isolating helps break the chain of transmission, which protects people at risk and enables us to return to normal sooner.
- If you have been in close contact with someone who has the virus:
  - It could take up to **10 days** for your own symptoms to appear.
  - You could pass the virus onto other people, including those who are vulnerable to very serious illness.
- You are required by law to self-isolate if you test positive or are contacted by NHS Test and Trace.

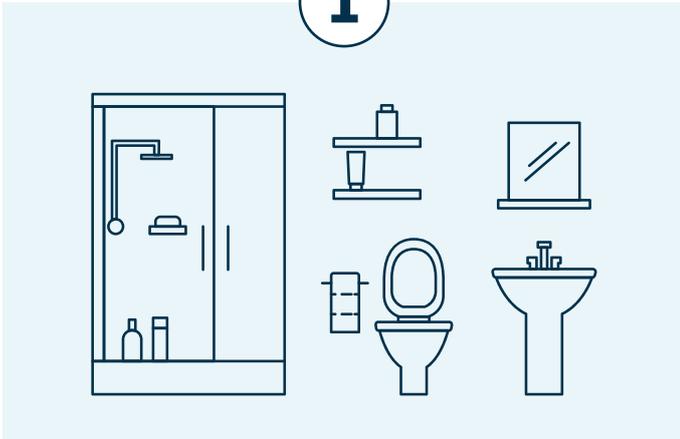
## Self-isolating DOs and DON'Ts

- ✓ **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 delivery 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
- ✓ **Do** ask for help if you need it

- ✗ **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** go out to exercise (within your own private garden is fine and getting fresh air is important)
- ✗ **Don't** leave the house other than to have a coronavirus test

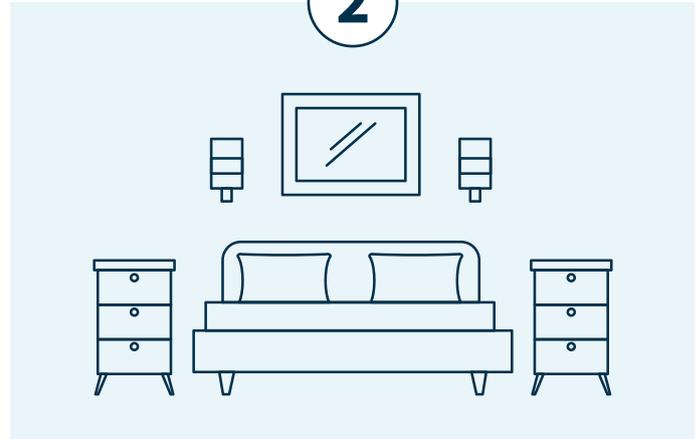
## Household tips when in self-isolation:

1



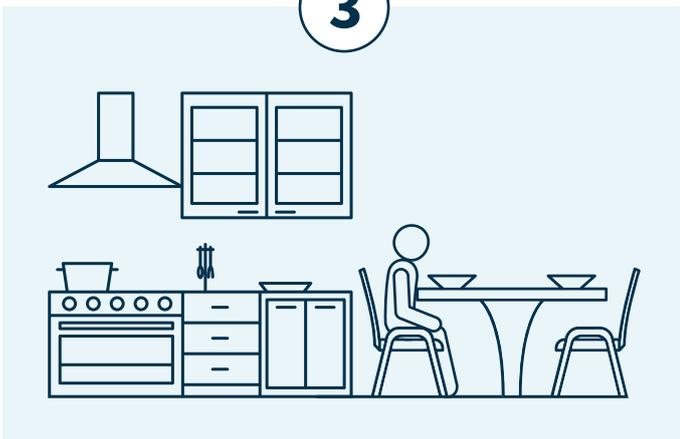
Use the **bathroom** after everyone else, have separate towels and clean afterwards.

2



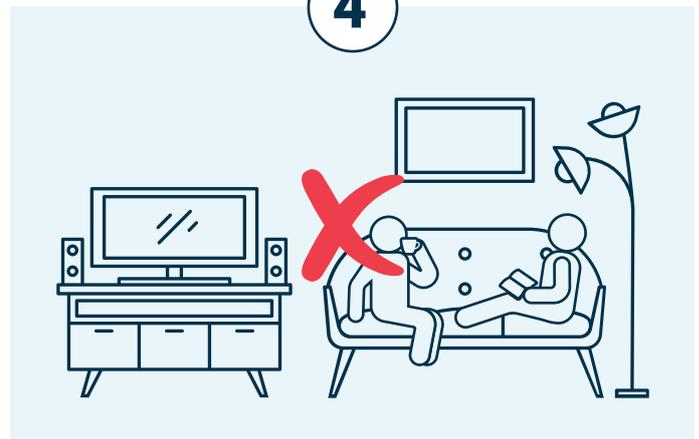
Stay in **one room** alone, if possible. Ask the people you live with to help by bringing your meals to your door and by giving you space.

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 mask when you do.

## If you need support:

To find practical help – such as collecting essential supplies – call the Hampshire Coronavirus Support and Helpline on **0333 370 4000** (calls charged at local rate)

9am to 5pm – Monday to Friday

- Where to find help
- Debt and money worries
- Mental health support
- Bereavement

More information about coping with COVID-19 and looking after yourself while you recover is available **on the County Council's website.**