

COVID-19 (Coronavirus) Self-isolation



COVID-19
Coronavirus

Stay
Safe

Be ready for when you need to self-isolate

Make sure you know when (tested positive or a contact) and for how long...

	Food & Essentials	Ask if your friends, family or neighbours could do your shopping. Resist the urge to panic buy yourself as this will leave others disadvantaged or at risk.
	Medication	Will your GP or pharmacy be able to deliver your prescriptions or is there someone who could collect them for you?
	Money	Are you able to manage your bank account or pay for things online? If not, can you set this up or ask a trusted friend, relative or neighbour to help you?
	Work	Can you work from home? If not, check with your boss about sick pay. <i>If you need an isolation note visit 111.</i>
	Children	If your child/children also need to self-isolate, check if their school(s) can provide online lessons and support.
	Animals	Check you have enough pet food and supplies. Alternatively, is there someone who could care for your animals if you need to self-isolate?
	Mental Health	These are extraordinarily stressful times. Plan a routine, keep busy, stay active, speak to friends on the phone or online. Ask for help if you need it. There is a lot of information at NHS Every Mind Matters .
	Physical Health	If you aren't sick, think about how you can maintain your health indoors. Check out NHS Better Health for ideas or try out one of our home fitness videos on YouTube.

REMEMBER...

You are not alone. If you need help or advice while self-isolating, contact Wokingham Borough Community Response [via One Front Door](#) or call it on (0300) 330 1189 Monday to Fridays, 9am to 5pm, and Saturdays, 9am to 1pm. You can also leave a voicemail out of hours