

Covid-19: Self-isolation support pack

A guide to inform
and help you
through your
self-isolation
period



What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (Covid-19). This helps stop the virus spreading to other people.

It is different to social distancing (general advice for everyone to avoid close contact with other people) and shielding (advice for people at high risk from Covid-19 – the clinically extremely vulnerable).

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. You could be fined if you do not self-isolate.



When should I self-isolate?

You must self-isolate immediately if:

- You have any symptoms of Covid-19 (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- You've tested positive for Covid-19
- Someone you live with has symptoms, or has tested positive
- Someone in your support bubble has symptoms and you've been in close contact with them since their symptoms started, or during the 48 hours before they started
- Someone in your support bubble tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test
- You've been told that you've been in contact with someone who has tested positive
- You arrive in the UK from a country with a high Covid-19 risk

I've been told to self-isolate. What do I need to do?

You need to stay at home for 10 days. This is very important – you must not leave your home if you're self-isolating as you could infect others, even if you feel completely fine. Your 10-day isolation will start either:

- The day that your symptoms started, or the day of the test if you had no symptoms (for both those who have tested positive and their household members)
- The day you were last in contact with the person who has tested positive for Covid-19 (for close contacts outside the household)

Please note, if you are self-isolating because you are a contact of someone who has tested positive, and you then develop symptoms yourself, your 10-day isolation period must re-start from the day you get symptoms.



Why is self-isolation important?

Official data shows that one in three people who have Covid-19 won't show any symptoms. This means they could be walking around and spreading it without even realising. Following the self-isolation guidance not only protects your community and vulnerable residents, it also helps to support the NHS, who have been working tirelessly throughout the pandemic.

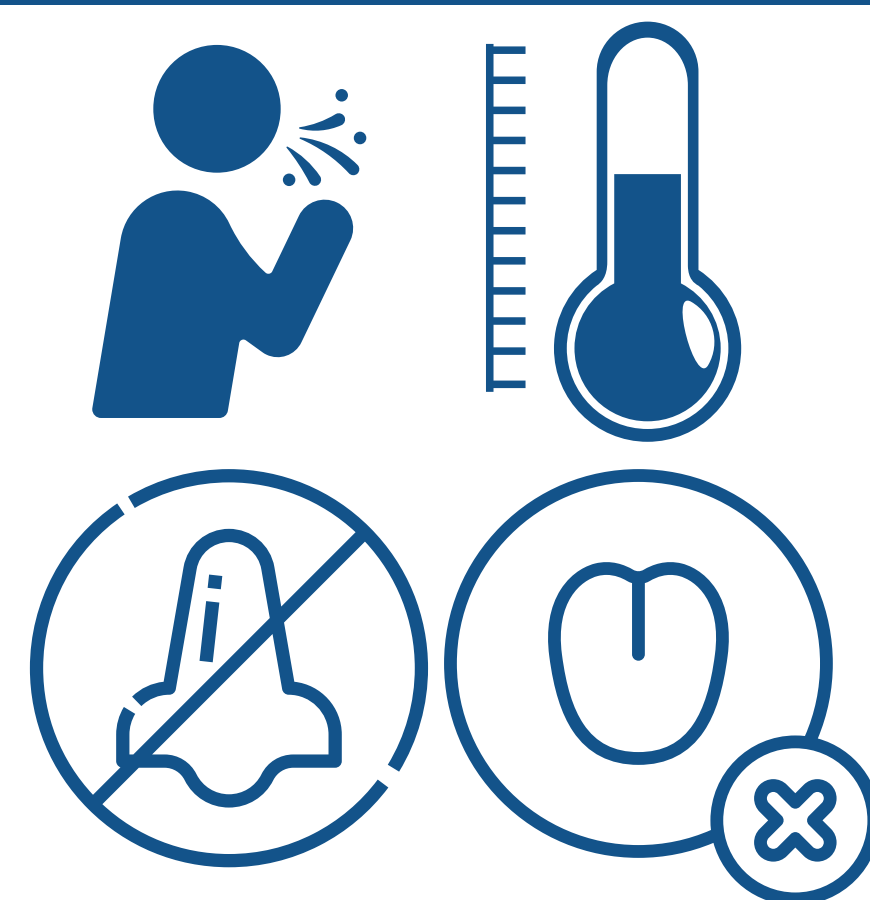
Alongside this, it's important to note that it could take up to 10 days for your own symptoms to appear, if you've been in close contact with someone who has tested positive. Even if you feel completely fine you may still have it.

- ✗ Do not go to work, school or public places
- ✗ Do not go on public transport, or use taxis
- ✗ Do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✗ Do not have visitors in your home, including friends and family – except for people providing essential care
- ✗ Do not go out to exercise – exercise at home or in your garden, if you have one - you should not walk a pet either

What happens if I develop symptoms?

You could develop symptoms at any stage within your self-isolation period. You should get a test as soon as possible if you have any symptoms of Covid-19 (a high temperature, a new continuous cough, a loss or change to your sense of smell or taste).

Your test needs to be done in the first eight days of having symptoms. Visit the Gov.uk website to book your test. If you test positive, you will need to self-isolate for another 10 days, from when your symptoms started.



Managing symptoms at home

There is currently no specific treatment for Covid-19. However, you can often ease the symptoms at home until you recover.

Treating a high temperature: Get lots of rest, drink plenty of fluids to avoid dehydrating (water is best), take paracetamol or ibuprofen if you feel uncomfortable.

Treating a cough: Avoid lying on your back (lie on your side or sit upright instead). Try having a teaspoon of honey (do not give to babies under 12 months). If this doesn't help, contact a pharmacist for advice about cough treatments.

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 instead.

If you live with other people and anyone in your household tests positive, everyone has to self-isolate and follow the guidance. To help keep everyone safe:

The person who tests positive should isolate for 10 days and:

- ✓ Stay in their room and isolate from the rest of the household, if possible
- ✓ Use their own bathroom if this is possible, and towels, cleaning them after each use
- ✓ Use the kitchen separately, eat in their own room and wash their own cutlery and crockery, if possible

Other members of the household should:

- ✓ Self-isolate at home for 10 days, even if they have a negative test result
- ✓ Keep separate from the infected person, if it is possible to do so
- ✓ Minimise time together with the infected person if it isn't possible to have your own space

Self-isolation checklist

You cannot leave your house for 10 days while self-isolating. It's very important to follow the guidance to help protect others. Here is a handy checklist to think about when staying at home:

Help is here if
you need it!



Food: Can you arrange a delivery, or can someone else get some for you?



Medicine: Can your GP deliver your medication to you?



Pets: Do you need someone to walk your dog?



Financial support: Do you need to register for a self-isolation support payment?



Wellbeing support: Do you know where to access support if you feel lonely, anxious, or overwhelmed?



Connecting with others: Do you have friends/family members you can talk to?

If you need support

Wokingham Borough Council is working in partnership with Citizens Advice Wokingham and other voluntary sector organisations, to operate its One Front Door scheme and help connect residents to the right level of support.

Contact the team on 0300 330 1189 and they will assess what kind of support you need.

Whether you're struggling with your mental health, or you're going through financial hardship, they can connect you with the right help.

You can also visit the website: citizensadvicewokingham.org.uk/coronavirus



Looking after yourself while self-isolating

Self-isolating certainly isn't easy, but it's extremely important. Make sure you look after your physical and mental health while self-isolating. Here are some ideas of what you can do:



Establish a routine: This might include regular waking up and bedtimes, planned mealtimes and time to be physically active. Having a routine will help to give you a sense of purpose.



Stay relaxed: Try out a relaxation or meditating practice that works for you. This might include deep-breathing exercises. Set 10 minutes a side each day for it.



Keep occupied: If you're feeling up to it, you could do some work around the house, or get stuck into a good book you've been meaning to read. Use this time to explore your interests, or try something new.



Connect with others: Make sure you continue to speak to your loved ones. Maintaining healthy relationships is important so stay in touch by phone, video calls, messaging or social media.



Talk about your feelings: If you're struggling while self-isolating, please know that this is completely normal. Talking about your feelings can help – whether that's with a loved one, or through a dedicated helpline.



10-day stay at home plan

Day 0

This is the day that you develop symptoms, get a test, or that a close contact or someone you live with develops symptoms or gets a test.



Day 1

Planning your stay at home

Refer back to the checklist on page four. Do you have everything you need to keep you going for the next 10 days? Will you need help from friends and family?

Preparation is key.

If you're isolating because you have tested positive for Covid-19, please keep an eye on your symptoms. If they get worse and you are struggling as a result (e.g. you feel you cannot cope with your symptoms at home, or you feel breathless and it's getting worse), you should call 111 for help.



Day 2

Financial support

Nine days to go!

Did you know that if you are self-isolating and cannot work from home during this period, you may be eligible for a self-isolation support payment of up to £500?



Head to our website to find out more about self-isolation support payments: www.wokingham.gov.uk/benefits/test-and-trace-support-payments/test-and-trace-support-payment-information



10-day stay at home plan

Day 3

Focusing on your wellbeing

Eight days to go!

Please make sure you're looking after your mental wellbeing. Self-isolation can be hard, particularly if you live alone. Check out our webpage for help and support:



www.wokingham.gov.uk/health/public-health-campaigns/community-support-for-coronavirus-covid-19



Day 4

Get active

Seven days to go!

Research shows that physical activity can boost self-esteem, mood, sleep quality and energy. There are plenty of workouts you can do from home.

Our sport and leisure team have put together some handy home workout videos – why not try them out?



www.youtube.com/user/WokinghamBC/playlists



Day 5

Keep hydrated

Six days to go!

Staying hydrated is very important, especially if you become poorly with Covid-19 symptoms. So make sure you drink plenty of water.

Read more about the benefits of drinking water:



www.nhs.uk/live-well/eat-well/water-drinks-nutrition



Day 6

Connect with others

Five days to go! You're over halfway through your self-isolation period. Make sure you're checking in with others and asking for help if needed.

There are also plenty of virtual activities you can do to keep yourself going (if you feel up to it).



10-day stay at home plan

Day 7

Get the right nutrition

Four days to go! Thank you for adhering to the self-isolation guidance. Keep nourishing your body during this time, especially if you are feeling unwell.

The NHS website has a range of easy meals to make - check them out via this link:



www.nhs.uk/oneyou/for-your-body/eat-better



Day 8

Stay positive

Only three days to go! There really isn't long left, so hang on in there.

The never-ending nature of the pandemic can feel overwhelming, especially if you are stuck at home.

Try to stay positive and challenge any negative thoughts by thinking about what you're grateful for right now.

Whether it's your family, friends, job, home, health, pets; write it down.



Day 9

Enjoy the down time

Two days to go. You're doing a great job. Enjoy your last couple of days of self-isolation.

'Normal' life can often feel overwhelming, especially if you have a number of different commitments you feel you need to keep.

Spend this time doing the things you enjoy. Maybe there's a boxset you've always wanted to watch, or a book you've never got round to reading.



Well done. You're nearly there now!



WOKINGHAM
BOROUGH COUNCIL

#InItTogether

10-day stay at home plan

Day 10

Nearly there

It's your last day of self-isolation.

We really appreciate it – well done for persevering.
Hopefully you're feeling well.

Remember, certain symptoms can linger for weeks after the infection has gone, including a cough and changes to your sense of smell or taste.

24:00



Day 11

Well done! You completed your self-isolation.

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

Please keep self-isolating if you have any of these symptoms after the 10 days: a high temperature or feeling hot and shivery, a runny nose or sneezing, feeling or being sick, diarrhoea.



THANK YOU!



We hope you've found this pack useful. For all the latest Covid-19 updates in Wokingham Borough, please visit:

www.wokingham.gov.uk/coronavirus



WOKINGHAM
BOROUGH COUNCIL

#InItTogether