



Be prepared

for 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).

It is different to lockdown and social-distancing.

Why self-isolate?

If you have COVID-19 you need to make sure you don't pass it on to anyone else. Self-isolating helps break the chain of transmission, protecting people at risk. Self-isolating will help us return to a more normal way of life 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** plan for self-isolation in advance. Ask friends and family to help.
- ✓ **Do** call the Isle of Wight Coronavirus Helpline on **01983 823600** for help collecting food and medicine.
- ✓ **Do** use online delivery services.
- ✓ **Do** arrange for someone to take care of your pet, eg, someone to walk your dog. Call the helpline on **01983 823600** if you need to.
- ✓ **Do** check to see if you qualify for financial help www.iow.gov.uk/IWtestandtracesupport
- ✓ **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. Getting fresh air is important).
- ✗ **Don't** leave the house other than to have a COVID-19 test.

If you need support:

Call the Isle of Wight Coronavirus Helpline on 01983 823600 for support with food and medicine. They can help if you don't have friends and family to support you.

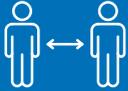
Get the latest information about COVID-19 on the Isle of Wight including support for Islanders at keeptheislandsafe.org

Get more information about self-isolation at keeptheislandsafe.org/self-isolation

Staying COVID safe

COVID-19 hasn't gone away.

It doesn't matter whether we've had the vaccination or not, we all need to keep doing everything we can to keep ourselves, our families, friends and the Island safe.



If you're going out, plan ahead, and keep a safe distance from people not in your household.



Keep washing your hands, it's an easy way to stay safe. Wash often and use soap.



Wear a face covering when required.



**Let fresh air in and meet outside.
Fresh air dilutes the virus particles.**



Take regular rapid response LFT tests for people without COVID symptoms.



Be patient and kind to others.

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.

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