



COVID-19

Self-isolation support pack

A guide to help you through
your self-isolation period



**Let's work
together to
protect our
Bolton
community**



What
should I
do...

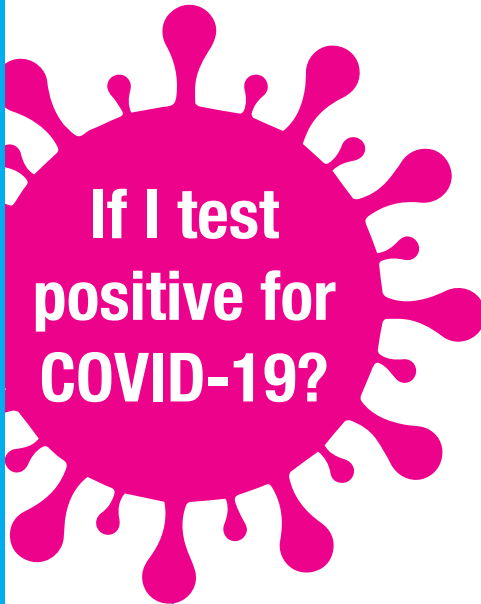


...after my
Coronavirus
test?



It is important that you go straight home and that you and any members of your household who are over 18 and not fully vaccinated do not go out while await your test result.

If you need essential supplies then please check the 'help and support' section of this booklet.



If I test
positive for
COVID-19?

If you test positive for coronavirus you must self-isolate for at least ten days. Any members of your household who are over 18 and who are not fully vaccinated must also isolate for 10 days. Members of your household who are under 18 or who are fully vaccinated are advised to take a PCR test, but they do not need to isolate while they wait for the result or if the result is negative.

Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your test was taken. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

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.

Find more information, guidance and advice:
bolton.gov.uk/selfisolation



I'm self-isolating. What do I need to do?

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.

If you are self-isolating you must:

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

You can stop
self-isolating

after 10 days

~~0~~ ~~1~~ ~~2~~ ~~3~~ ~~4~~ ~~5~~

~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ **11** ✓

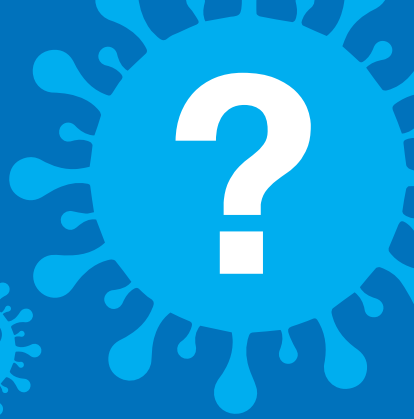
Keep isolating if you have a temperature or fever.

Symptoms such as a cough, loss or change to smell or taste and fatigue can last for weeks after the virus has gone.

If you still feel unwell after 10 days consider contacting 111 or your GP for some advice and support.



Have you been in contact with COVID-19?



If you have been in contact with someone who has symptoms or who has tested positive, or you have been contacted by NHS Test and Trace, you may need to self-isolate even if you don't have symptoms or a positive test.

If you are over 18 and not fully vaccinated, you must self-isolate and take a PCR test. You must continue to self-isolate even if your PCR test comes back negative. Self-isolate for the full ten days.

If you are under 18 or you are fully vaccinated, you are advised to take a PCR test, although this is not a requirement. You do not need to self-isolate while you wait for your test result. If your PCR test comes back negative, you do not need to self-isolate. If it is positive, you must self-isolate for the full ten days.

Why is self-isolation important?



People can pass on the virus even when they don't have symptoms. 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 and you could pass the virus on to other people, including those who are vulnerable to very serious illness.

By self-isolating, you are not only protecting your community and those most vulnerable, you are also helping to support the NHS and key workers who have worked tirelessly throughout the pandemic.

It is an incredibly important and effective way of slowing the spread of COVID-19. You must not leave your home if you're self-isolating.

Stay at home check list and support











Self-isolation means that you cannot leave your house for 10 days. It is important that you stick to these rules to help protect those around you.

Staying at home is easier if you are prepared. Here is a handy checklist of things for you to think about.

✓ 1. Food and drink essentials	✓ 2. Everyday essentials
Breakfast cereal / long life bread	Toilet paper
Pasta, rice, noodles	Sanitary products
Tinned vegetables, fruit, soup, baked beans, tuna	Tissues
Hot drinks like tea, coffee, or hot chocolate	Toiletries (e.g. soap, shampoo, deodorant, toothpaste)
Long-life or powdered milk	Nappies
Baking paper, tin foil and cling-film	Baby wipes
Sugar, salt and pepper	Baby formula
	Washing up liquid
	Pet food
✓ 3. Medicines	✓ 4. Comfort and other
Prescriptions	Phone charger
Painkillers (paracetamol / Ibuprofen)	Phone credit
Antihistamines or other allergy medications	Home exercise equipment
Contraception	Warm clothes, hot water bottle or heated blanket
Cough and cold remedies	Eye mask and ear plugs
Diarrhoea medication	Gas and electricity credit/top-up
Calpol	List of emergency contacts
A thermometer	Care of pets (e.g someone to walk my dog)
	Financial support (e.g self-isolation support payment)
	Help with utilities and mail
	Know where to access mental health and wellbeing support

Self-isolating is helping to stop the spread of coronavirus (COVID-19).

What to do if...	Stop the spread of the virus ...	When to end isolation...
 <p>...I have Coronavirus (COVID-19) symptoms</p>	<ul style="list-style-type: none"> • Get a test • Self-isolate - stay at home, don't go to work or leave home for any reason, even for food and essentials • Everyone who lives in the house must self-isolate until you get the test result unless they are under 18 or have been fully vaccinated for at least 14 days • Tell your close contacts about your test result 	<p>...if your test is negative</p>
 <p>...I test positive for Coronavirus (COVID-19)</p>	<ul style="list-style-type: none"> • Self-isolate from the day your symptoms started (or from day of test if no symptoms) and the next 10 full days • Tell your employer immediately about your test result • People in your household who are over 18 and not fully vaccinated must self-isolate from the day symptoms started (or from the day of test if no symptoms) and for the next ten full days, even if someone tests negative during those 10 days • People in your household who are under 18 or fully vaccinated do not need to self-isolate. But they are advised to take a PCR test 	<p>...when you've finished 10 full days of self-isolation</p> <p>You can return to work after 10 days even if you have a cough or loss of smell/taste.</p> <p>These symptoms can last for several weeks once the infection is gone</p>
 <p>...a person who I live with has been told to self-isolate because they have been in close contact with someone who has Coronavirus (COVID-19) even though they don't have symptoms</p>	<ul style="list-style-type: none"> • The person who has been told to self-isolate must stay at home • They must self-isolate for 10 full days - even if they test negative during those 10 days • Everyone else who lives in the house does not need to isolate, unless they are over 18 and not fully vaccinated and have been identified as a close contact of someone with a positive test 	<p>...when the person has finished 10 full days of self-isolation, even if they test negative during those 10 days</p> <p>No restrictions for others in house unless they are advised to by NHS Test & Trace or they get symptoms</p>
 <p>...a person who I live with has Coronavirus (COVID-19) symptoms</p>	<ul style="list-style-type: none"> • The person with symptoms must get a test • Everyone who lives in the house must self-isolate until they get their result, unless they are under 18 or have been fully vaccinated for at least 14 days. 	<p>...if the person's test is negative</p>
 <p>...a person who I live with has tested positive for Coronavirus (COVID-19)</p>	<ul style="list-style-type: none"> • People in your household who are over 18 and not fully vaccinated must self-isolate from the day symptoms started (or from the day of test if no symptoms) and for the next ten full days, even if someone tests negative during those 10 days • People in your household who are under 18 or fully vaccinated do not need to self-isolate. But they are advised to take a PCR test • This is because you can spread the virus at any time during this period, even if you don't have symptoms 	<p>...when the the people who need to self-isolate have completed ten full days of isolation, even if they test negative during those ten days</p>

What to do if...	Stop the spread of the virus ...	When to end isolation...
 <p>... NHS Test and Trace has identified you as a close contact of someone with symptoms of Coronavirus (COVID-19)</p> <p>OR</p> <p>... you have been told by someone you have been in close contact with that they have tested positive for Coronavirus (COVID-19)</p> <p>Examples of close contact include:</p> <ul style="list-style-type: none"> • close face-to-face contact (under 1 metre) for any length of time - including talking to them or coughing on them • being within 1 to 2 metres of each other for more than 15 minutes - including travelling in a car • spending lots of time together in your/their home 	<p>Stop the spread of the virus ...</p> <ul style="list-style-type: none"> • You must self-isolate for ten full days, even if you test negative during those ten days, unless you are under 18 or fully vaccinated for at least 14 days • Everyone else who lives in the house does not need to isolate, unless they have also been identified as a close contact of someone with a positive result 	<p>When to end isolation...</p> <p>... when you have completed 10 full days of self-isolation, even if you test negative during those 10 full days</p>
 <p>... I have travelled to another country and have to self-isolate as part of a period of quarantine</p>	<p>Returning from a country where quarantine is needed:</p> <ul style="list-style-type: none"> • You must not go to work or leave your house • Only get a test if you have symptoms • For up to date information on who should self-isolate, visit www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england 	<p>... when the quarantine period of 10 full days has been completed even if you test negative during those 10 days</p>
 <p>... I am not sure who should get a test for Coronavirus (COVID-19)</p>	<p>Everyone in England can now get free, regular, rapid coronavirus tests – also known as Lateral Flow Tests (LFTs).</p> <ul style="list-style-type: none"> • These tests can be carried out by yourself at home or you can go to a test site and give a result in just 30 minutes. • We should all be doing these tests twice a week as it helps us find the 1 in 3 people with COVID-19 who do not have symptoms but can still infect others. • If you do test positive you then need to self-isolate to help stop the virus spreading. You will then be asked to take a PCR to confirm the result and also help identify variants. 	<p>... If the PCR test is negative you no longer need to self-isolate.</p>

Thank you for following this advice and playing your part.

Help and support while you're staying at home

Food and medical supplies

As well as bigger supermarkets lots of local grocery stores are offering delivery services.

Asking friends, family or neighbours for support is usually the quickest and easiest thing to do. Ask if they can help you with getting shopping, collecting your prescriptions or essentials. It's important that they drop goods off at the doorstep and do not make contact with you or enter your home, so that they don't risk contracting the virus.

Bolton's COVID-19 Humanitarian Support Hub is offering vital help to people who need support, including food and essential items.

bolton.gov.uk/coronavirus

If you have no family, friends or neighbours available to support you please call the COVID-19 Helpline on **01204 337221**.

The opening hours are:
Mon to Fri from 8:30am - 5:30pm
Sat and Sun from 9am - 1:30pm.

Our staff will be happy to talk you through the support available and make arrangements to help you.

If you have hearing or speech difficulties please visit relayuk.bt.com to use the free service to talk to us.

You can also contact the Greater Manchester textphone helpline service on **07860 022876**. Messages will be responded to by the next working day.

The NHS Volunteer Responders Programme are also continuing to provide support.

You can contact them by calling **0808 196 3646** or by going online nhsvolunteerresponders.org.uk/services

Dog Walking

If you're self-isolating and your dog cannot be exercised at home, you should ask someone outside of your household to walk your dog for you, or access walking services provided by a professional.



Financial Support

To support people on a low income whose earnings are affected by the need to self-isolate for 10 days, the government have set up a Test and Trace Payment scheme where residents may be eligible for a £500 support payment.

If not eligible, you may still be entitled to a discretionary financial support payment.

Test and Trace Support Payments for parents and guardians

The Test and Trace Support Payment scheme has been extended to parents and guardians who are not legally required to self-isolate, but who need to take time off work to look after a child or young person who is self-isolating. It applies where the child or young person has been told to self-isolate on or after 8 March 2021.

Check whether you are eligible or make a claim for a Test and Trace Support Payment or discretionary payment at [bolton.gov.uk/coronavirus-support-1/test-trace-payments](https://www.bolton.gov.uk/coronavirus-support-1/test-trace-payments)

For the latest information on grants support and advice for Bolton businesses during Covid-19 visit [businessbolton.org](https://www.businessbolton.org)

More info and guidance on supporting self-isolation for businesses: www.businessgrowthhub.com/coronavirus/resources/2021/03/supporting-self-isolation-due-to-coronavirus-a-guide-for-business

Mental Health and Wellbeing

During your isolation, it's important to look after your mental health and wellbeing.

We know having to self-isolate may be difficult, frustrating or lonely, but you're helping to protect yourself and others by doing it.

NHS Every Mind Matters have lots of tips and advice for how to look after your mental wellbeing whilst self-isolating and staying at home.

Visit

www.nhs.uk/every-mind-matters/coronavirus/mental-wellbeing-while-staying-at-home/

For immediate mental health support, text '**SHOUT**' to **85252**. This service is available 24/7 to people in the U.K.

If there is an immediate threat to life call **999**.

Further advice and resources to support your health and wellbeing can be found here www.bolton.gov.uk/coronavirus-support-1

Follow the council's social media channels for regular updates on COVID-19 and much more [@boltoncouncil](https://twitter.com/boltoncouncil) on Twitter, Facebook and Instagram



Top tips for building resilience whilst at home

A number of things have been shown to promote health and wellbeing and promote positive mental health.

- **Have a routine:** Develop a new daily routine that works for you. This could include regular waking up and bedtimes, planned mealtimes, and time to be physically active.
- **Stay relaxed:** Find a relaxation or meditation practice that works for you and practice it once a day for at least 10 minutes.

- **Keep occupied:** Continue with your current interests or explore new ones. You could try a hobby that you used to enjoy but haven't had the time for.
- **Stay Active:** Sport England's 'Join the Movement' page has links to lots of popular online training programmes from yoga and pilates courses to cardio and strengthening programmes as well as kid's activities including Disney dance programmes. sportengland.org/jointhemovement?section=get_active_at_home
- **Keep in touch:** Staying in contact with people is really important for your wellbeing, and especially if you're isolating at home. Connect with friends, family or colleagues.
- **Eat well:** Don't forget to nourish your body during this time even if your appetite is different to normal. What meals and snacks are you planning today?
- **Stay positive!** It can be hard to stay positive during these challenging times. Let's change our way of thinking and challenge those negative thoughts. Write down five things you are grateful for today.



Children and Coronavirus what is 'coronavirus'?

Coronavirus, or COVID-19, is probably making you feel a bit sad and different at the moment. But that's ok, because everyone is feeling the same.

COVID-19 is an illness that can affect people's breathing and lungs. It can be passed from person to person through coughing or touching, which is why we have to stay away from our friends and family just for now.

Luckily, young people aren't really getting too ill but you can still spread it without knowing you have it. You still need to do the amazing things you're doing by following the rules, washing your hands, wearing a face covering and keeping your distance from others.

What can I do to have some fun?

Staying at home isn't fun, and we know that! It can get really boring but now there's no excuse for not doing your homework!

Once you've done that, here are some fun ideas for you to think about when you're spending time at home:

Play some games

Have you tried any of the Disney Shake Up Games?

**10
minute
shake
up**
from change 4 life with Disney

Do some drawing. If you're feeling worried, sad or lonely, a great way to get your emotions down is to draw how you feel and create a colourful picture to help you feel happier.

You should always speak to someone if you feel down; adults will understand.

Why not catch up with friends on a video call so that you can feel better and know they haven't gone anywhere.

Remember to check with an adult before you do this!

Set up a
'virtual' chat
with your
friends

The government is asking you to think about hands, face, space and fresh air.



What this means is that you need to remember to do four things to keep yourself and others safe.

How can I stop the spread?

1



Hands: Remember to wash or sanitise your hands regularly for 20 seconds.

Why don't you sing your favourite song to make the time pass quicker?



3



Space: Stay at least 2 metres away from people where you can.

If you don't think you know how far that is, ask an adult or think about the length of a horse!



2



Face: Cover your face with your mask when you're out at the shops.

Why not get creative and make your mask colourful by adding your own design?



4



Fresh air: Open windows and doors when with others to let fresh air in and meet others outdoors where possible.

Fresh air helps blow the virus particles away making it harder for people to catch.

