

10 WAYS TO DO YOUR 10 DAYS

CHECKLIST FOR SELF-ISOLATING SAFELY

Help for people self-isolating

Keeping yourself away from other people when you could be infectious is the most effective way of stopping coronavirus.

It's important to self-isolate immediately and for the full ten days, unless you're exempt. Find out who needs to self-isolate and when at [bolton.gov.uk/selfisolation](https://www.bolton.gov.uk/selfisolation).

You're not alone if you find doing this hard. Planning ahead, even before you have been told to self-isolate, can make things easier.

For more help and support with self-isolating please visit [bolton.gov.uk/coronavirus](https://www.bolton.gov.uk/coronavirus) or phone **01204 337221** 8.30am – 5.30pm Monday to Friday and 9am – 1.30pm Saturday and Sunday.



1. Know your 10 days

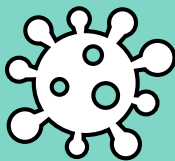
Stay at home, away from other people immediately for 10 full days. Count your 10 days using the NHS Covid-19 app.



During this time you also need to try and reduce the chances of spreading any infection to the people you live with.

2. Tell your work

Ask your employer about working from home or any sick leave or special leave options.



You might otherwise be able to get Statutory Sick Pay, a £500 Test and Trace Support Payment or other financial help, including if you're self-employed.

3. Plan your money

Check you have money to buy what you need and pay your rent and bills. Call the companies and explain your situation if not.



4. Arrange food, medicines & essentials

Ask friends and family to safely drop-off anything you need. Many shops and pharmacies can help with deliveries too.



Your local community hub can also help – via SMS on **07860 022 876**.

#DOYOURBIT

DO YOUR BIT. SELF-ISOLATE IMMEDIATELY AND FOR THE FULL 10 DAYS, UNLESS EXEMPT.

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5. Continue your children's education

If your child has COVID-19 symptoms or tests positive, they will need to self-isolate. Contact their school and ask for work to do at home and any free school meals to be delivered.



Children under 18 no longer need to self-isolate when someone they live with tests positive for COVID-19. But the government recommends that they take a PCR test and isolate if it is positive.

If you are self-isolating, you will need to ask someone else to do the school run for you.

6. Get care for anyone who depends on you

If you're a carer, ask friends or family to provide the care while you are self-isolating.

If no-one else can safely take this on, a local mutual aid group could help.



7. Protect your mental health

Create a routine, keep busy, stay active, and speak to friends online or by phone. For silent, confidential, 24/7 mental health support, text **SHOUT** to **85258**.



8. Keep moving at home

Staying active will boost your physical and mental health. Get 30 minutes a day without leaving home.



9. Look after your pets

Check you have enough pet food and supplies. If required, ask someone else to care for your animal(s) while you are self-isolating. You shouldn't leave your home to walk your dog.



10. Get any other help you need

As well as your local community hub, NHS volunteer responders could help with all sorts of everyday tasks while you're self-isolating.

To find out more call **0808 196 3646** to arrange support for yourself or someone you know (8am to 8pm, 7 days a week).

