



# COVID-19

## Self-isolation support pack

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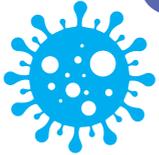
A guide to help you through  
your self-isolation period



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

# What should I do...

## After my Coronavirus test?



It is important that you go straight home and that you and members of your household do not go out while you await your test result.

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

# If I test positive for COVID-19?

If you test positive for coronavirus you need to self-isolate for at least 10 days. All members of your household must also self-isolate for 10 days.

The 10 days start from when your symptoms started. If you have not had symptoms, the 10 days start from when you had the test.

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: [tameside.gov.uk/coronavirus](https://tameside.gov.uk/coronavirus)

# I've been told to self-isolate. 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 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, 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



## if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

Keep self-isolating if you feel unwell, consider contacting your GP or NHS 111 if you have not already done so.

# Have you been identified as a contact?



Symptomatic testing for Coronavirus is for those who are showing signs of having the virus. If you aren't showing symptoms but have already be notified by the NHS as a contact of someone who tested positive, you must self-isolate for the full 10 day period as required.

Receiving a negative test does not end your isolation period as a contact – please remain at home and do not go to work. Refer to the support section of this leaflet if you need support during your isolation period.



## 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 onto 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.

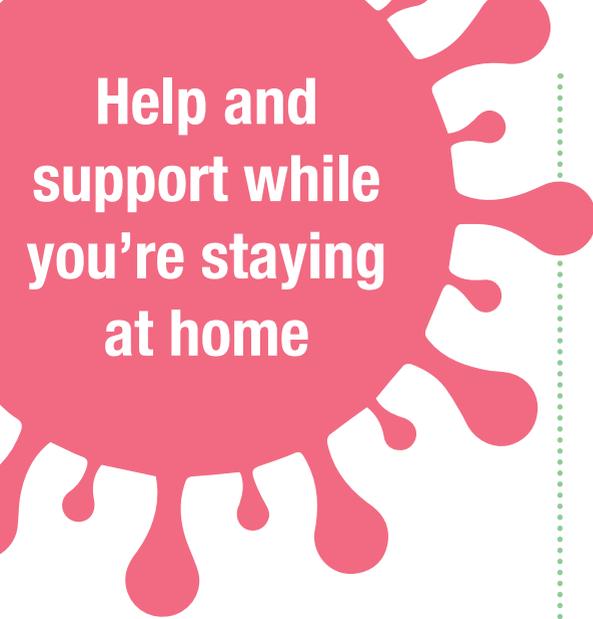
# Stay at home check list and support



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.

Here's a handy checklist of items to think about when staying at home

✓	Item	Options if you need any help with these:
	Help to get online	As well as bigger supermarkets lots of local grocery stores are offering delivery services: <a href="https://tameside.gov.uk/coronavirus/groceries">tameside.gov.uk/coronavirus/groceries</a>
	Prescription medication	
	Help with utilities (e.g. topping up energy meters)	If you have no family, friends or neighbours available to support you please call our Emergency Support line can be reached on <b>0161 342 8355</b> . Our staff will be happy to talk you through the support available and make arrangements to help you.
	Posting mail	
	Care of pets (e.g. someone to walk my dog)	
	Financial support (e.g. self-isolation support payment)	You can also contact the Greater Manchester textphone helpline service on <b>07860 022876</b> . Messages will be responded to by the next working day.
	I have arrangements in place to support my wellbeing	
	Friends, families or co-workers I can connect with	
	Know where to access support if I feel lonely, anxious or overwhelmed or need specific help	



# 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:

[tameside.gov.uk/coronavirus/groceries](https://www.tameside.gov.uk/coronavirus/groceries)

Alternatively, ask family, friends or neighbours if they are able to help you with getting shopping or collecting prescriptions. 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.

If you have no family, friends or neighbours available to support you please call our Emergency Support line which can be reached on **0161 342 8355**. Our staff will be happy to talk you through the support available and make arrangements to help you.

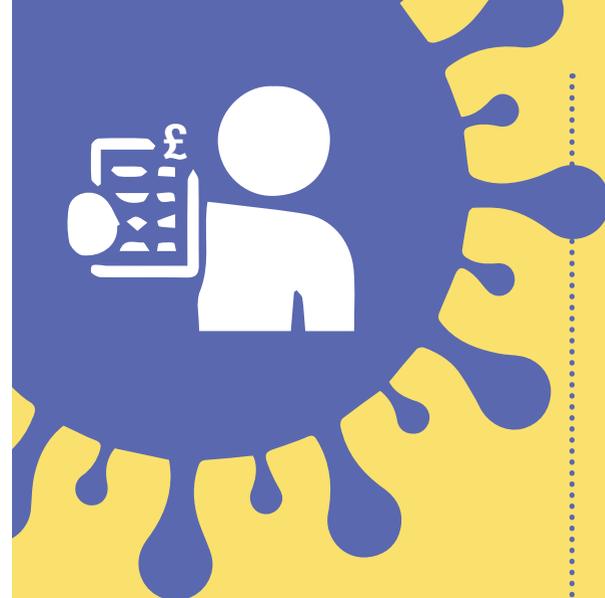
You can also contact the Greater Manchester textphone helpline service on **07860 022876**. Messages will be responded to by the next working day.

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](https://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.

Parents or guardians on a low income, who need to take time off work to look after a child or young person who is self-isolating and whose earnings are affected may be also be eligible.

Check whether you are eligible at [tameside.gov.uk/coronavirus/tatpaymentscheme](https://www.tameside.gov.uk/coronavirus/tatpaymentscheme)

If not eligible you may still be entitled to financial support under a special discretionary scheme. You can apply for the discretionary scheme using the same online form.

## Support for businesses

If you own a business (or want to check your employer is aware), you may wish to review the financial advice and support available for Tameside companies impacted by COVID-19 : [www.tameside.gov.uk/coronavirus/supportforbusiness](https://www.tameside.gov.uk/coronavirus/supportforbusiness)

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](https://www.businessgrowthhub.com/coronavirus/resources/2021/03/supporting-self-isolation-due-to-coronavirus-a-guide-for-business)



## Mental Health and Wellbeing

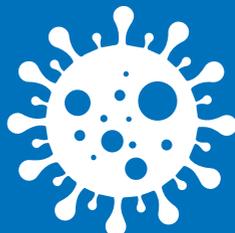
Self-isolation can be a worrying time so don't forget to look after your mental wellbeing.

Research has shown that people who are more aware of sensations, thoughts and feelings, have enhanced mental wellbeing. This is also known as "mindfulness".

Have you taken a moment to truly focus on yourself today? How about taking some time to learn some mindfulness techniques? You can find some here [pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today](https://pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today)

### Tips on protecting your mental health whilst isolating:

- establish a routine
- connect with people virtually
- try to keep active
- take in as much fresh air as you can
- find ways to relax
- manage your news and social media intake



There is lots more help and guidance at [tameside.gov.uk/coronavirus/mentalhealth](https://tameside.gov.uk/coronavirus/mentalhealth) and [tameside.gov.uk/coronavirus/wellbeing](https://tameside.gov.uk/coronavirus/wellbeing).

Follow the council's social media channels for regular updates on COVID-19 and much more @tamesidecouncil 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.

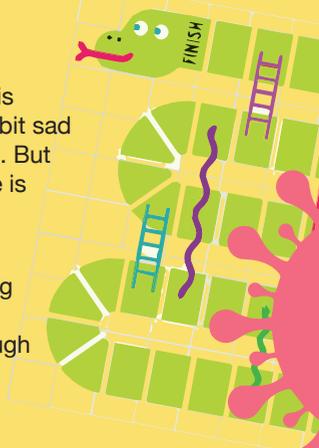
- **Keep occupied:** Continue with your current interests or explore new ones. You could try a hobby that you used to enjoy but haven't had the time for.
- **Stay Active:** Sport England's 'Join the Movement' page has links to lots of popular online training programmes from yoga and pilates courses to cardio and strengthening programmes as well as kid's activities including Disney dance programmes. [sportengland.org/jointhemovement?section=get\\_active\\_at\\_home](https://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.



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 and wearing a mask.

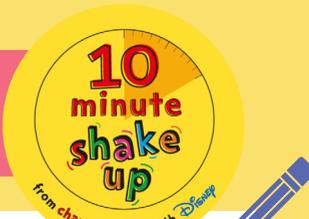
### What can I do to have some fun?

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?



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 that way too; 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.



What this means is that you need to remember to do 3 things to keep yourself and others safe.

### How can I stop the spread?



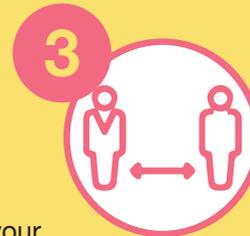
**Hands:** Remember to wash or sanitise your hands regularly for 20 seconds.

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



**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?



**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!



