

# 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:  
[www.tameside.gov.uk/coronavirus](http://www.tameside.gov.uk/coronavirus)



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protect our  
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# 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.

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



## When can I stop isolating?

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 been 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.



# 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:

[www.tameside.gov.uk/coronavirus/groceries](http://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 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** telephone 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 [www.nhsvolunteerresponders.org.uk/services](http://www.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.

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

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.

## Mental Health and Wellbeing

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

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 [www.tameside.gov.uk/coronavirus/mentalhealth](http://www.tameside.gov.uk/coronavirus/mentalhealth) and [www.tameside.gov.uk/coronavirus/wellbeing](http://www.tameside.gov.uk/coronavirus/wellbeing)

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

