

# Self-isolation Pack

(from August 16 2021)



"I've been told to self-isolate. What do I need to do?"

**SELF  
ISOLATE**

**CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

**NHS**

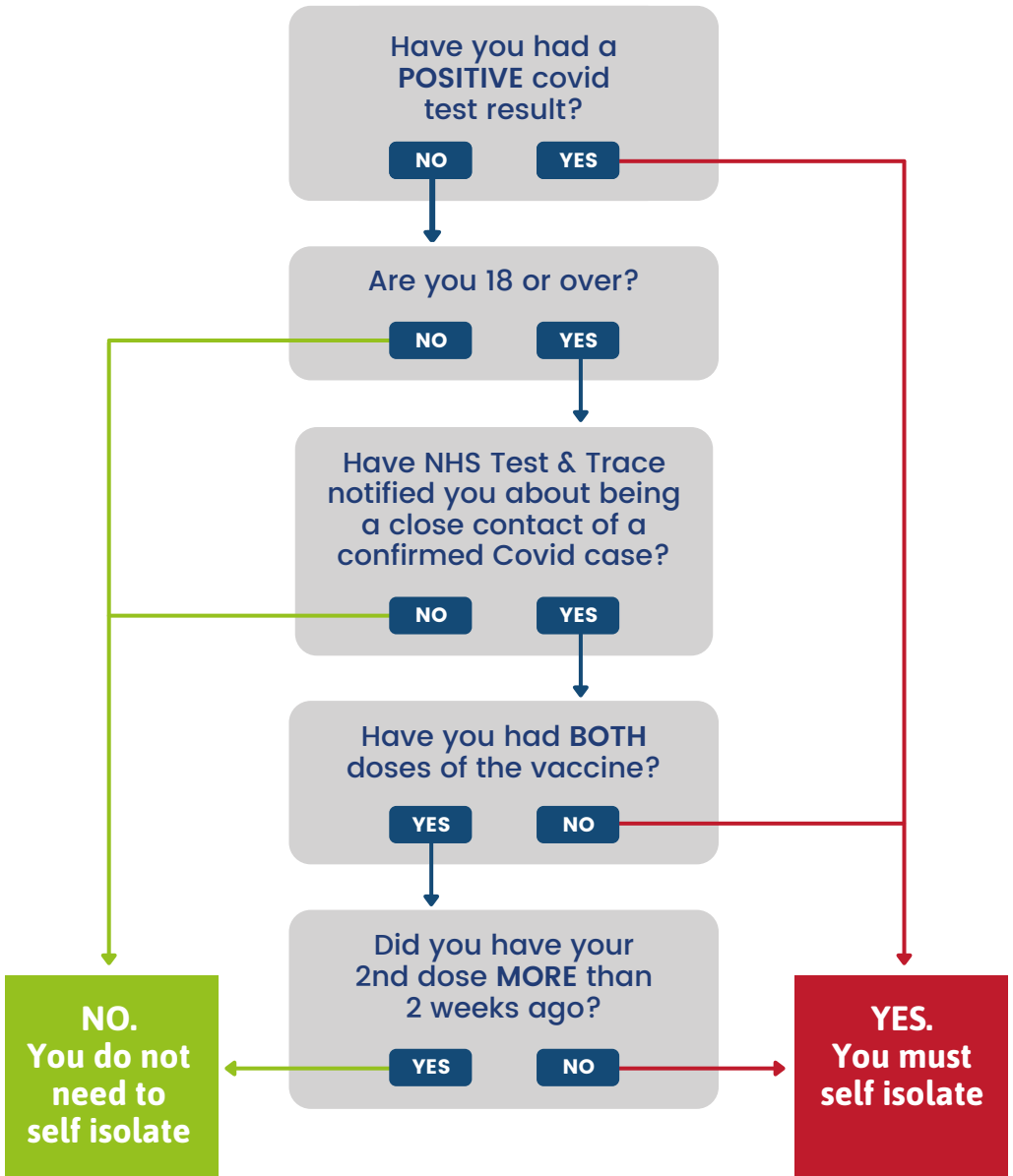


Doncaster  
Council








**Let's  
Do it**

**FOR  
DONCASTER**

# Do I need to self-isolate?



# I've been told to self-isolate. What do I need to do?

-  **DO** upload your test result onto the COVID-19 app if you have it.
-  **DO NOT** go to work, school, college, or public places.
-  **DO NOT** go on the bus, train or use taxis.
-  **DO NOT** pop out to the supermarket to get food and medicine.
-  **DO NOT** nip to the shops to get a birthday card, present or other items.
-  **DO NOT** have visitors in your home – this includes friends and family (you could be exposing them to the virus). The only people allowed in your home are those providing essential care.
-  **DO NOT** go out to exercise unless within your own private garden – this means no trips to the gym or pool, no going out for a jog or cycle, and no walking the dog!



It is important that you stay at home so that you are not putting other people at risk or spreading the virus.



**SELF  
ISOLATE**

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FOR  
DONCASTER

## How long do I isolate for?

I tested positive for COVID-19

### **Your 10-day self-isolation will start:**

The day that your symptoms started (if you had any) or the day you tested positive if you did not have symptoms.

I have been told I am a close contact of somebody who has tested positive for COVID-19 and I am not fully vaccinated

### **Your 10-day self-isolation will start:**

The day you were last in contact with the person who tested positive for COVID-19 (for close contacts - you will be told this by NHS Test and Trace via a phone call, text, or on the NHS COVID-19 app)



**If you develop symptoms, however mild, you must book a test. Call 119 or book online at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)**

# How long do I isolate for?

I live with somebody who has tested positive for COVID-19

**The person who tests positive should isolate for 10 days and:**



Stay in a room away from the rest of the household



Use a separate bathroom where possible (if a shared bathroom is used, clean after each use) and use their own towels



Use the kitchen when no one else is using it, eat in their own room and wash their own dishes



Wash hands regularly



Open windows

**Others in the house, who are over 18 and not fully vaccinated need to:**





- ! Self-isolate at home for 10 days (EVEN if they have a negative test result – this is for the safety of others!)
- ! Keep separate from the person who tested positive
- ! If you have to share spaces, do everything possible to minimise the time together, wear a face mask and keep 2 metres apart
- ! Wash hands regularly

**Others in the house who have been fully vaccinated (both doses) for more than 2 weeks, or are under 18:**

- ! Do not need to self isolate
- ! Get a PCR test by calling 119 or visiting [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus). If this is positive you will need to self-isolate for 10 days
- ! If it is negative but you go on to develop symptoms, you must self-isolate immediately and get another PCR test



# Why is self-isolation important?

-  **Protect others**
-  **Stop the spread**
-  **Reduce chances of more variants**
-  **Keep hospital admissions low**



We know that people can have COVID-19 without having symptoms and this means that they can also pass on the virus.

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 give the virus to other people, including those who are vulnerable to very serious illness.

Self-isolating is a vitally important and effective way of slowing the spread of COVID-19.

By self-isolating, you are not only protecting your friends, family and community but you are also helping to make sure that those most vulnerable to very serious illness are not exposed to the virus by you.

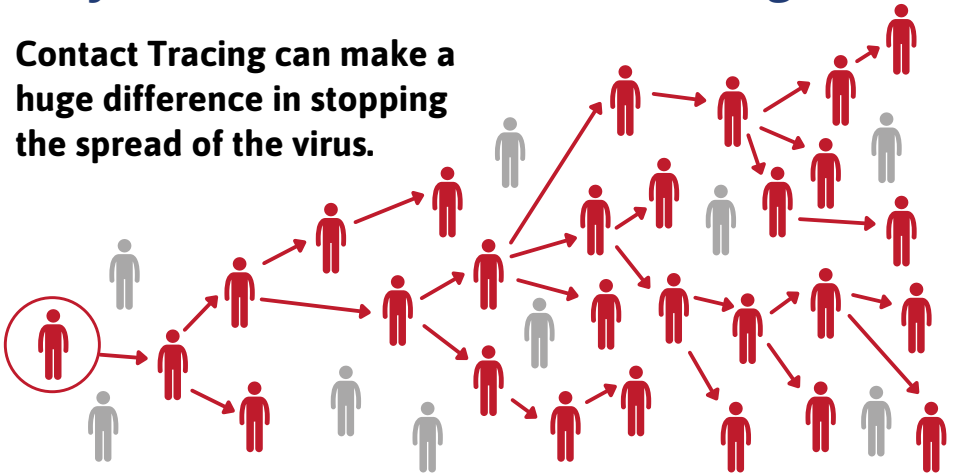


**Remember, if you are asked to self-isolate, you must do so by law.**



# Why do I need to do Contact tracing?

**Contact Tracing can make a huge difference in stopping the spread of the virus.**



In Doncaster, our friendly local test and trace team is on hand to help and support people everybody in Doncaster who has to self-isolate due to COVID-19

The team is made of local Public Health Professionals who are working 7 days a week to support people affected by COVID-19 isolation and to stop the spread of the virus. To help us protect everybody, we will ask anybody who has tested positive for COVID-19 to complete contact tracing either by doing it online, or over the phone.

We will ask you about who lives with you, if there's anybody you may have seen, or any places you have visited in the 2 days before you felt unwell, or tested positive for COVID-19. This helps us to know who needs to isolate and who might be at risk of catching the virus.

We will also ask if you know where you may have caught the virus because this helps us understand how we can stop more people getting the virus in the future.

We are interested in tracking the virus – this is not about tracking you! We will never tell the contacts you name that you have tested positive for COVID-19 or share your details with them – everything is kept confidential.

They will be offered support around isolating and given the details of financial support available to help them.





# 10 day stay at home check list and support

We know it's not easy but if you have to self-isolate, it means that you cannot leave your house for 10 days. It is so important that you do this and stick to the rules to protect your family, friends and community.



Here's a helpful checklist of items to think about when staying at home – you may need to ask family and friends for help.

- Food deliveries
- Prescription deliveries
- Help to get online
- Utilities help (topping up meters)
- Financial support (self-isolation support payments)
- Care of pets – someone to walk the dog
- Support for 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





# Useful contacts

## Doncaster Council

The council website and helpline provide details of emotional and financial support available, visit:

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

or call: 01302 736000

## Financial support

If you have been told to stay at home and self-isolate by NHS Test and Trace, either because you have tested positive for coronavirus or have recently been in close contact with someone who has tested positive; are unable to work and will lose income as a result, you may be eligible to apply for a self-isolation support payment of £500.

You may also be eligible if you are a parent or guardian who will lose earnings because you are caring for a child who is self-isolating.



**For further details of self-isolation support payments and to apply, visit:**

[www.doncaster.gov.uk/covidsipp](http://www.doncaster.gov.uk/covidsipp)

email: [isolation.payments@doncaster.gov.uk](mailto:isolation.payments@doncaster.gov.uk)

or call: 01302 735336 (option one)

## Social Isolation Alliance

The Social Isolation and Loneliness Alliance (SIA) is a collaboration of partners from the public, voluntary, community and faith sectors who are committed to reducing social isolation and loneliness in Doncaster. Anyone who needs help or advice or has no other support can ring the SIA Helpline:

**8am - 8pm (Monday to Friday)**

**8am - 6pm (Saturday and Sunday)**

Call: 01302 735336





# 10 day stay at home plan



This is the day that you develop symptoms, get a test or that a close contact or someone you live with develops symptoms or gets a test. Plan your stay at home.



## Your first day at home



Now is the time to think about what help you might need over the next 10 days. Use the check list to make sure that you are prepared for your isolation period. Arrange for food and any medication to be delivered. Do you need to find someone to walk the dog or get the children to school?

If you are isolating because you have coronavirus and your symptoms get worse and you are not sure what to do, call 111 or use the NHS 111 online Coronavirus service.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual



# 10-day stay at home plan



## DAY 2

# Look after your mental wellbeing



Staying at home can be difficult and for some people self isolation can be a very worrying time. Don't forget to look after your mental wellbeing. There are lots of people and resources who can help:

**MIND:**

[www.mind.org.uk](http://www.mind.org.uk)

**Young MINDs:**

[youngminds.org.uk/find-help](http://youngminds.org.uk/find-help)

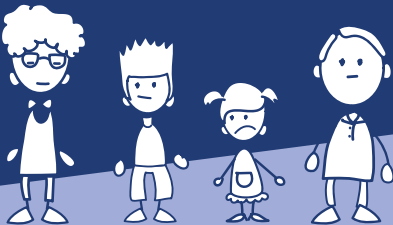
**Doncaster's Social Isolation Alliance:**

The SIA Helpline is open

8am - 8pm (Monday to Friday)

8am - 6pm (Saturday and Sunday)

Call: 01302 430322.



**#CopingWithCovid**

Together, we will get through this.



## 10-day stay at home plan



### DAY 3

## Keeping active



Get Doncaster Moving has a range of activities to help you to keep moving and boost your mood at home.

You don't need any special equipment or open outdoor space for these activities, they contain a mix of chair based exercises and standing exercises, as well as advice on how to look after your overall wellbeing:

[getdoncastermoving.org/being-active-at-home](https://getdoncastermoving.org/being-active-at-home)

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:

[www.sportengland.org/jointhemovement](https://www.sportengland.org/jointhemovement)



## DAY

# 4

## Eating well



It is important to remember to eat well. Your body needs nourishment. You'll need to plan ahead if you are getting your shopping delivered. What meals are you planning for today?

You might be working from home when you are isolating or you might have symptoms and be unable to work.

One thing is for sure you need to eat and there are lots of top tips on eating well for less on this NHS website:

[www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less](http://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less)

## DAY

# 5

## Keeping an eye on your alcohol intake



For some people, falling into the trap of drinking alcohol regularly at home is all too easy, especially when you're in self isolation or quarantine. Has your alcohol intake gone up?

Here are some tips to help you to drink less:

[www.nhs.uk/oneyou/for-your-body/drink-less](http://www.nhs.uk/oneyou/for-your-body/drink-less)



## 10-day stay at home plan



DAY  
6

### Don't forget to talk



Keeping in touch with family and friends helps to keep you motivated and brings a smile to your face. It is really important for your wellbeing. Give your loved ones a phone call or get in touch with work colleagues and let them know how you are.

Lots of people are using local Facebook groups to keep in touch – do you know what there is in your local area?

If you feel lonely and you don't have anyone to talk to contact the Social Isolation Alliance and they will be able to point you in the right direction.

#### Social Isolation Alliance

8am – 8pm (Monday to Friday)

8am – 6pm (Saturday and Sunday)

Call: **01302 430322**

DAY  
7

### Lose yourself in a book



Reading can help to pass the time in a way that transports you to different place and time.

Can a family member or friend drop off their favourite book for you to try or can you sit back and relax with an audio book? Listening to or reading a story is a great way to make the most of your time indoors.



# 10-day stay at home plan



DAY  
8

## How about a music boost?



Listening to your favourite band or group can really help to boost your mood. Can you find an album of theirs online that you are not so familiar with and fall in love with their music all over again?

DAY  
9

## Almost there



You've almost reached the end of isolation. Thank you for doing your bit and keeping people safe. It can be hard to stay positive during these challenging times. Challenge any negative thoughts.

**Write down five things you are grateful for today.**

DAY  
10

## Last day of isolation!



**You've reached your last day of isolation and have helped to protect your family, friends and community!**

Where are you planning to go tomorrow when you can go out again? Is there a favourite place that you've missed visiting?



# 10-day stay at home plan



## DAY 11

### You can go out!



You've done it – you have finished your 10 days of self-isolation.

Remember Hands, Face, Space + Ventilation are still important to continue to protect others and keep yourself safe.

Thank you for Doing it for Doncaster and for helping keep others safe.



# Let's live with it safely.



**KEEP ON WASHING HANDS**



**KEEP ON COVERING FACES**



**KEEP ON MAKING SPACE**



**KEEP ON AVOIDING CROWDS**



**KEEP ON VENTILATING HOMES**



**KEEP ON GETTING TESTED**

We need to learn to live with coronavirus and the best way to stay safe is to remember to keep doing the simple things like social distancing, hand hygiene and wearing a face covering. Avoiding large crowds and if you feel unwell, stay home and get a test. Together we can do it.