

INFORMATION ABOUT SELF-ISOLATION, WHAT YOU NEED TO DO AND WHERE TO GET SUPPORT IF YOU NEED IT

What is self-isolation?

Self-isolating means staying at home to prevent spreading

Covid-19 to other people, including those at high risk such as the elderly and people with existing health conditions.

You must not go out. You should order any essentials, such as food or medicine, online or ask friends or family to help out by leaving items at your front door.

You need to self-isolate for 10 days if:

- You experience symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or

taste) and are arranging a test

- You test positive for Covid-19 or are waiting for a coronavirus test result
- You arrive in England from a country that requires you to self-isolate.

Or, if you are a household contact or a close contact of a person with coronavirus, this means:

- You live with someone who has symptoms, is waiting for a test result or has tested positive
- You're contacted by NHS Test and Trace, or your school/nursery/workplace, to say that you have been in recent close contact with someone who has tested positive for Covid-19

How to self-isolate

Don't

- leave your house at any time, unless it is a medical emergency or for your personal safety
- go to work, school, or public areas
- use public transport or taxis
- go outside to buy food or other essentials.
- have any visitors in your house
- go out to exercise (exercise at home or in your garden, if you have one

Do

- ask the council for help if you need support to self-isolate
- contact essential carers to tell them someone in your household has symptoms
- wash your hands with soap and water for 20 seconds regularly

How long do you need to isolate?

Self-isolation advice for	The first day of self-isolation is day 0. You must stay in isolation for the next 10 full days
A person who has tested positive for coronavirus	Day 0 is the day symptoms started (or the day the test was taken if no symptoms)
Those who live with a person who has tested positive (household contacts)	Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms)
Close contacts of a person who has tested positive (not from same household)	Day 0 is the last day of contact with the person who tested positive while they were infectious (i.e. from 48 hours before their symptoms started OR from 48 hours before the test day if no symptoms)
Travellers returning from a country that requires quarantine	Day 0 is the day you leave a non-exempt country. You will be able to take a COVID-19 test with a private test provider on Day 5 to see if you can end self-isolation early. Visit www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel

Things to think about if you have to isolate as a household

Household isolation means you and all household members or those in your support bubble must stay at home.

- plan ahead and ask others for help to make sure you can stay at home successfully
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres away from other people in your home whenever possible

- sleep alone if possible
- wash your hands with soap and water for 20 seconds regularly
- make sure to keep in touch with friends and family by phone or through social media

If you live with an older, vulnerable person

Vulnerable family members should spend as little time as possible in shared spaces such as kitchens, bathrooms and sitting areas. You should keep these spaces well ventilated.

The vulnerable person should:

- keep 2 metres (3 steps) away from others in your household
- sleep in a different bed where possible
- use a separate bathroom if possible
- use separate towels both for drying themselves after bathing or showering and for hand-hygiene purposes
- take their meals back to their room to eat if they can

The rest of the household should:

- consider whether older people and those with underlying health conditions can stay in another house while you are self-isolating
- clean any shared toilets and bathrooms after every use, for example wiping surfaces
- avoid using the kitchen while they are present
- dry all crockery and cutlery thoroughly, and use a separate tea towel

Advice for parents whose children have been advised to self-isolate by NHS Test and Trace or their school/nursery

Your child shouldn't attend school/nursery and should self-isolate for 10 days even if they test negative during those 10 days because it can take this long for symptoms to appear. If they then develop symptoms of coronavirus they might need to isolate for longer. The rest of the household does

not need to self-isolate, unless they are a 'close contact' too, so siblings for example can still go to school.

If your child does go on to develop symptoms or receives a positive test result the rest of the family would then need to self-isolate.

Self-isolation and household hygiene

Wash your hands regularly

Wash your hands with soap and water for 20 seconds regularly

Cleaning surfaces

Clean all surfaces every day with a household cleaner that's active against viruses and bacteria. Pay special attention to frequently touched areas.

Laundry

Wash laundry using the highest temperature setting indicated on the garment care label. Where possible, wash laundry separately from other people living in your household.



Getting support if you need to self-isolate

Support from the council is available for people who need to self-isolate because of Covid-19.

Call the We are Islington helpline on **020 7527 8222** or minicom on **020 7527 1900**. Lines are open every day from 9am to 5pm.

We can support residents by:

- Arranging deliveries of food and medication
- Using our network of volunteers to help with tasks like shopping
- Providing access to financial support for people on in-work benefits
- Helping to maintain social connections during self-isolation
- Talking through other support available including benefits, financial support and housing advice.
- Supporting people to claim the government's £500 self-isolation support payment

Looking after your mental health

We understand self-isolation can be hard but one of the best ways to keep yourself healthy is to keep in contact with loved ones. If you need help maintaining social connections during self-isolation, speak to the council for help.

Call We are Islington on **020 7527 8222** or email **weareislington@islington.gov.uk**