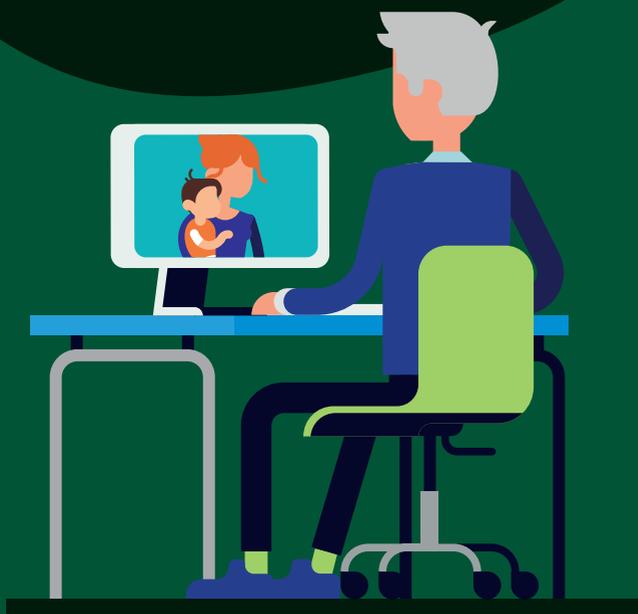


# COVID-19

## Self-isolation support pack

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A guide to help you through your self-isolation period



# 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).

If you've been advised to self-isolate, you need to do this for **10 days**. Your 10-day isolation will start after either:

- The day you were last in contact with the person who tested positive for coronavirus (for close contacts outside the household)
  - The day that your symptoms started, or the day of the test if you had no symptoms (for both those who have tested positive and their household members)
- If you were isolating as a contact of someone who tested positive and then you **develop symptoms yourself**, your 10-day isolation period needs to **restart** from the day you get symptoms.

**If you live with other people and anyone in your household tests positive, everyone has to self-isolate and follow this guidance**

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



Stay in their room and isolate from the rest of the household

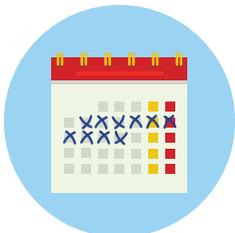


Use their own bathroom and towels and clean after each use



Use the kitchen separately, eat in their own room and wash their own cutlery and crockery

Other members of the household should:



Self-isolate at home for 10 days, even if they have a negative test result



Keep separate from the infected person



If you must share spaces, create a rota to minimise time together

# 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 illnesses or a 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.

**If you are asked to self-isolate, you must do so by law**

**You could be fined if you do not self-isolate**



Do not go to work, school or public places



Do not go on public transport or use taxis



Do not go out to get food and medicine



Do not have visitors in your home, including friends and family – except for people providing essential care



Do not go out to exercise unless within your own private garden

# Stay at home checklist 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

## My isolation checklist

### Item

### Options if you need any help with these:

- Food deliveries**
- Help to get online**
- Prescription medication**
- Help with utilities**  
(e.g. topping up energy meters)
- Posting mail**
- Care of pets**  
(e.g. someone to walk my dog)
- Financial support**  
(e.g. self-isolation support payment)
- 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**

The council's People Helping People scheme can help you to get support.

Call **0300 123 5034** and select Option 5 (Monday to Friday, 9am to 5pm). If your call is urgent and outside these hours you will hear a recorded message telling you what to do.

Vist the Live Well Cheshire East website for COVID-19 health and wellbeing information and support - [www.cheshireeast.gov.uk/livewell](http://www.cheshireeast.gov.uk/livewell)

If you're struggling with your mental health, you can get support 24/7 directly by calling **0800 145 6485 (Cheshire and Wirral NHS 24/7 support)**.

If you are looking for additional self help, further information is available on the HealthUnlocked section of the Live Well website.

You should still call **999** or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.

# 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.



# 10-day stay at home plan



**Day 0**

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.

**Day 1**

### Planning your stay at home

#### Your first day at home

Being prepared can help your isolation period run more smoothly.

Have you thought about planning everything you might need to stay safe at home for the next 10 days? See page 4 for details on how you can get support with your isolation.

If you are isolating because you have coronavirus, it's important to get medical help if your symptoms get worse. If your symptoms do get worse and you're not sure what to do, call **111**.

**Day 2**

### Financial support

**9 days to go! Thank you for doing your bit and keeping people safe 😊**

If you are self-isolating (either because you have had a positive COVID-19 test result or you are a close contact of someone who has COVID-19) and you cannot work from home during this period, you may be eligible for a self-isolation support payment of up to £500.

To apply for this payment please contact us or find more details here [www.cheshireeast.gov.uk/test-and-trace-support](http://www.cheshireeast.gov.uk/test-and-trace-support)

**Day 3**

### Looking after your mental wellbeing

**8 days to go! Remember that every day you stay at home helps to reduce the risk of infection for those in your community 😊**

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 [www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today](http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today)

#### Other services and resources

**Cheshire East Council Live Well 24/7 Mental Health Helpline 0300 303 3972**

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

**MIND – Writing Down My Thoughts and Feelings [www.mind.org.uk/need-urgent-help/whats-happening-to-me/writing-down-my-thoughts-and-feelings](http://www.mind.org.uk/need-urgent-help/whats-happening-to-me/writing-down-my-thoughts-and-feelings)**

**Young MINDs [www.youngminds.org.uk/find-help](http://www.youngminds.org.uk/find-help)**

**Blurt it out [www.blurtitout.org](http://www.blurtitout.org)**

**Day 4**

### Keeping active

**7 days to go! Just one week left of your isolation 😊**

Movement can really help to boost your mood, especially when you are indoors. How will you move today? There are lots of online programmes to help you get fit and active. How about trying these?

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 kids' activities including Disney dance programmes.

**[www.sportengland.org/jointhemovement?section=get\\_active\\_at\\_home](http://www.sportengland.org/jointhemovement?section=get_active_at_home)**

For more activities to keep children active the Change4Life website has a range of "10 minute shake-ups" involving Disney characters to choose from.

**[www.nhs.uk/change4life/activities/indoor-activities](http://www.nhs.uk/change4life/activities/indoor-activities)**

If you're isolating because you have coronavirus you might not feel like doing much today but keeping moving in any way at all is important.

## Keeping in touch

Day 5

### 6 days to go!

Staying in contact with people is really important for your wellbeing, especially if you're isolating alone. Have you connected with friends, family or colleagues since you started your isolation? How about reaching out to someone today to tell them about how you are getting on?

There are lots of people who are using social media during their self-isolation period to reach out to others who are staying at home. Is there a self-isolation Facebook group in your local community where people are sharing tips?



## Keeping hydrated

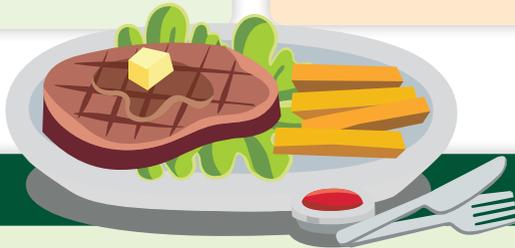
Day 6

### 5 days to go! You're over halfway there 😊

Keeping hydrated is important but is especially so when you're poorly or fighting off an infection. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

[www.nhs.uk/live-well/eat-well/water-drinks-nutrition](http://www.nhs.uk/live-well/eat-well/water-drinks-nutrition)

## Eating well



Day 7

### 4 days to go! Thank you for continuing to do your bit 😊

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?

You may still be working from home during your self-isolation but there are plenty of easy meal ideas via the NHS One You website that you can knock up in no time:

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

Lots of people will be struggling with their finances at this time but it's easier than you think to eat well on a budget. Arranging online delivery can actually help plan your shopping better and save some money by avoiding impulse buys! Try these top tips:

[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)

## Keep an eye on your alcohol intake

Day 8

### 3 days to go! Well done, you're nearly there!

We know that for some people, it's all too easy to fall into the trap of drinking alcohol regularly at home when you're in self-isolation or quarantine. Have you noticed your alcohol intake go up? These tips on the "One You" website should be helpful:

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



## Stay positive

Day 9

### 2 days to go! Thank you for doing your bit and keeping people safe 😊

You might be starting to feel more motivated with only a few more days of isolation left but 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.

## Last day

Day 10

### Last day of isolation! Well done for persevering and helping to protect your community!

What are you planning to do when you leave isolation?

Perhaps go for a walk and take in some nature?



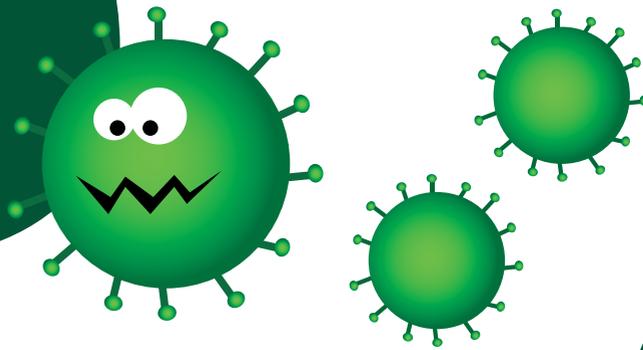
Day 11

**You can go out!**  
**WELL DONE YOU HAVE FINISHED YOUR 10 DAYS OF SELF-ISOLATION.**

**Thank you for your commitment and helping keep others safe**



# 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, which is why we have to stay away from our friends and family just for now.

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.

## How can I stop the spread?

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.

**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!



**HANDS**



**FACE**



**SPACE**

## Why am I worried?

It's normal to be worried, but there's no need to worry too much. Everything's a little bit weird at the minute, isn't it? This won't last forever and feeling worried is one way that our bodies remind us to take care of ourselves.

There are some important things we all need to do to stay safe, like washing our hands, wearing face masks when we need to, and staying at home if we are told to.

If you're at home for now and helping to keep each other safe, we can still enjoy life and do some fun things!

## Help for children and families

If you don't feel safe, then you can get help by calling **0300 123 5012** (option 3). This service operates from 8.30am until 5pm Monday to Friday. Outside of these hours, please call the police on 101 or if you are in immediate danger then you must call **999**.

It is very important that you talk to someone if you start to feel low, depressed or anxious. Help is available by texting our ChatHealth service on 07507 329908 or by contacting Kooth, an online mental wellbeing community - [www.kooth.com](http://www.kooth.com)

If you have concerns about a child attending or missing school, please discuss these with your school who can explain the ways they can support you. There is also help available by contacting [covid19schoolplaces@cheshireeast.gov.uk](mailto:covid19schoolplaces@cheshireeast.gov.uk)



# How can I help if my family are isolating?

Self-isolating is hard and boring but you're not alone. It's the same for your family too! Here are 2 handy hints of things you could do to cheer them up.

Members of your household might feel poorly and need to rest if they have the virus. Why not offer to do the tidying and washing to give them a break?



Keep them smiling, learn some jokes or dances and keep everyone entertained!

## 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:

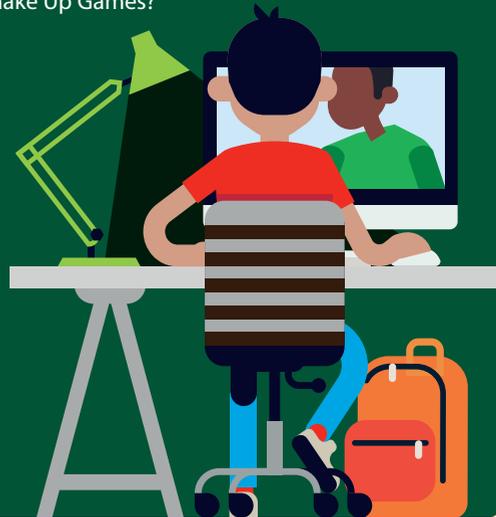
**Play some games.** Have you tried any of the Disney Shake Up Games? [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups).

**Fun fact:** David Beckham used to practice with a tennis ball as well as a football!

**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.

**Set up a 'virtual' chat with your friends.**

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!



There is lots more that you can do, but these are just to get you thinking, and help you to get creative.