

# ARE YOU READY TO SELF-ISOLATE?

Self-isolation is when you must stay at home because you have or might have coronavirus (COVID-19).

## THIS HELPS STOP THE VIRUS SPREADING TO OTHER PEOPLE

### When to self-isolate

#### Self-isolate if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste);
- you've tested positive for coronavirus – this means you have coronavirus;
- you live with someone who has symptoms\* or has tested positive;
- someone in your support bubble has symptoms\* or has tested positive;
- you're told by NHS Test and Trace that you've been in contact with a person with coronavirus;
- you are returning from a country that does not have an air-bridge\*\* agreement.

### You must not leave your home if you're self-isolating

#### For up to 14 days

- **do not** go to work, school or public places – work from home if you can
- **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

## Get a test as soon as possible if you have symptoms:

The test needs to be done in the first 5 days of having symptoms.

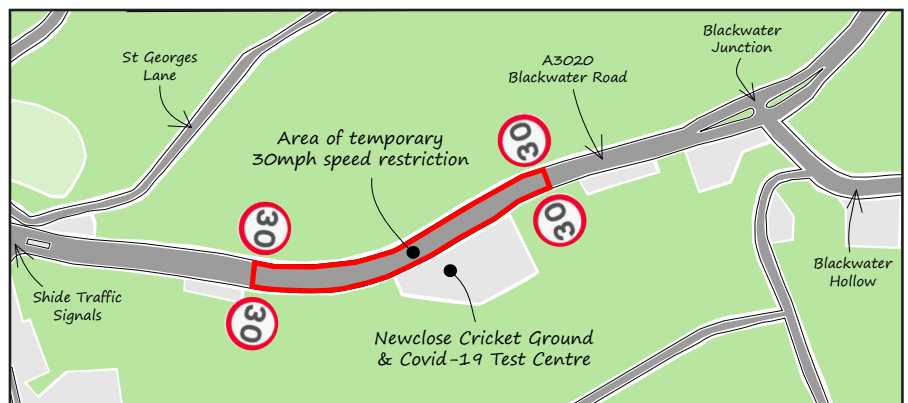
Getting a test is easy, either direct to your door or at the Island's own testing facility.

Call 119 or visit [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)

## The coronavirus (covid-19) testing facility has moved to a new location on the A3020

The facility is at **Newclose County Cricket Club, Blackwater Road, Newport, PO30 3BE.**

You should not travel off Island to a testing site if you have symptoms, if the booking system only offers a mainland testing site. You should either try again the next day to book one on the Island or order a postal test.



\* If the person subsequently is confirmed negative, there is no need to self-isolate as a contact.

\*\*An air-bridge allows tourists to travel between two countries (including stops) without the need to quarantine.

For further advice and guidance visit [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or call 119

**STAY ALERT ▶ CONTROL THE VIRUS ▶ PROTECT THE ISLAND**

# MY HELP GUIDE IF SELF-ISOLATING

It is more than likely you will have little or no notice that you must self-isolate.

**SELF-ISOLATION IS NOT THE SAME AS LOCKDOWN, IT IS MUCH STRICTER, AND IT WILL HELP IF YOU HAVE A PLAN.**

## You are not alone

**A helpline number is available to support Island residents affected by the coronavirus (Covid-19) self-isolation measures.**

If you do not have a local network of friends, family or neighbours to support you when self-isolating, you can call: **(01983) 823600** 9am - 5pm Monday to Friday, Saturday 9am - 1pm for support including;

- Collection of medication from pharmacies, help to access pharmacy delivery services and health care needs.
- Access to online shopping services or small essential shopping requests.
- Assistance with dog walking.
- Signposting to partner agencies for support with issues arising from isolation including welfare, finance, mental health, childcare issues or other caring responsibilities.

**Help others and tell them you have symptoms or been in close contact in the last 48 hours with others that do**

This will enable them to help stop the spread of the virus by isolating and getting a test if they develop symptoms.

**Help if you feel anxious, concerned or worried**

Remember your mental health is just as important as your physical wellbeing.

**Visit Isle of Wight Community Mental Health Support Hub: [www.iwmentalhealth.co.uk](http://www.iwmentalhealth.co.uk)**

**Helping others**

If you are healthy and are interested in volunteering, there's a huge number of voluntary groups on the Island who are in need of recruiting new volunteers. Please contact [volunteer@actioniw.org.uk](mailto:volunteer@actioniw.org.uk)

**Guidance and advice**

[www.iwight.com/coronavirus](http://www.iwight.com/coronavirus)

**If you cannot go out to work or work from home**

You can get an isolation note to send to your employer as proof you need to be off work. This can be done online as you do not need to get a note from a GP.

**Keep up regular exercise within your home or garden**

As you cannot leave your home to walk your dog, you will need to ask others to assist you. For exercise tips at home, please visit

[www.1leisure.co.uk/fitness-at-home/](http://www.1leisure.co.uk/fitness-at-home/)

**Make plans for food shopping and medicines**

If you require help buying groceries, other shopping or picking up medication, you should ask friends or relatives. Consider local suppliers for home delivery.

**A to Z to me has over 135 island business delivering to your doorstep.**

[www.j.mp/azwight](http://www.j.mp/azwight)

\*Open website in Chrome or Edge.



LOCAL SUPPLIES TO YOUR DOOR

**Community information**

[www.iowcoronavirus.co.uk](http://www.iowcoronavirus.co.uk)

**Use this to add numbers and information important to you**

