

COVID-19 self-isolation

ARE YOU READY?

You must self-isolate because you have tested positive for COVID-19, or have been identified as a close contact of someone who has. Think about what you might need.

- ➔ **Medication:** Do you know how to order what you need online or by phone?
Can someone bring it to your home?
Are you registered with your pharmacy for prescription delivery?
- ➔ **Food:** Could a friend or neighbour do your shopping for you?
Can you arrange an online supermarket shop?
- ➔ **Pets:** If you have a dog, is there a friend or neighbour who could walk it? Or check local professional services.
- ➔ **Homeschooling:** Do you have everything you need to homeschool your children?
- ➔ **Homeworking:** Can you work from home?
Do you know who to contact at work for help?
- ➔ **Caring:** Do you provide care for someone?
What alternative arrangements could you make for them to be cared for? If you need support, contact North Tyneside Carers' centre:
www.northtynesidecarers.org.uk
- ➔ **Exercise:** You must not leave your home for exercise and would need to exercise in your home or garden instead
- ➔ **A helping hand:** For those needing to self-isolate and who can't call on family and friends to help, the council can provide support for the isolation period.
Email Iss@northtyneside.gov.uk
or call **0345 2000 101**.



ARE YOU READY?

If you are self-isolating, you must limit close contact with others in your household by:

- ✓ Observing social distancing
- ✓ Spending as little time as possible in shared areas such as kitchens, bathrooms and sitting rooms
- ✓ Washing your hands with soap and hot water for 20 seconds, or using hand sanitiser
- ✓ Always covering your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue immediately and then wash your hands
- ✓ Opening windows and ventilating indoor areas as much as possible
- ✓ Regularly cleaning frequently touched surfaces, such as door handles and remote controls, especially in shared areas

Whilst self-isolating, you must not:

- ✗ Go to work, school or public places
- ✗ Go on public transport or use taxis
- ✗ Go out to get food and medicine
- ✗ Go out to exercise
- ✗ Go out to walk your dog
- ✗ Have visitors in your home (except for essential care)

