

# A Guide to Self-Isolation



Information and advice to help you through your self-isolation period

## What does self-isolation mean?

Self-isolation is when you do not leave your home because you have (or could have) COVID-19.

## Why is it important to self-isolate?

The virus can be passed on to others, including those who are vulnerable to very serious illness or death, even if you have no symptoms.

If you've been in close contact with someone who has the virus it could take up to 10 days for your own symptoms to appear.

You may be asked to self-isolate because you have been in contact with someone who has tested positive, and because of that, you may have come into contact with the virus.

Self-isolation is how we break the chain of infection between people.

# If you are self-isolating you **MUST NOT** by law:

- Go to work, school or public places
- Go on public transport or use taxis
- Go out to get food or medicine
- Have visitors in your home, except people providing essential care
- Go out to exercise other than in your own private garden



If anyone in your household tests positive, everyone has to self-isolate and follow this guidance:

## The person that tests positive should:

- If you test positive on a Lateral Flow Test (LFT) at a testing site, or at home, then you must self-isolate immediately and book for a PCR test within the next 48 hours. If your PCR test comes back negative, you may stop isolating, if it comes back positive then you must complete your isolation period.
- Stay in your room and isolate from the rest of the household
- Use the bathroom separately, use your own towel and clean after each use
- Use the kitchen separately, eat in your own room and wash your own cutlery and crockery



## Other members of the home should:

- Isolate at home even if they have a negative test
- Keep separate from the infected person
- Minimise time together in shared spaces

# Support and useful contacts

If you're in need of support to help you self-isolate see Calderdale Council's support pages: [www.calderdale.gov.uk/v2/coronavirus/help](http://www.calderdale.gov.uk/v2/coronavirus/help)

If you don't have access to the internet you can phone **01422 392890**.

## Citizens Advice

Offers a range of advice on finance and benefits. For more details: **0300 330 9048**

[citizensadvice.org.uk](http://citizensadvice.org.uk)

## Healthy Minds

Calderdale residents can get free support from Healthy Minds:

**01422 345154**

[healthymindscalderdale.co.uk](http://healthymindscalderdale.co.uk)

## Active Calderdale

Has the latest advice on keeping active within the COVID-19 guidance, and a list of free activities for a wide range of abilities that you can try at home

[calderdale.gov.uk/active](http://calderdale.gov.uk/active)

## Disability Partnership (Calderdale)

Represents disabled people across the borough and has a range of useful information.

For more details: **0771 612 2897**

[disabilitypartnershipcalderdale.org](http://disabilitypartnershipcalderdale.org)

## Halifax Society for the Blind

Offers support to those with sight loss. Can be contacted Monday to Friday from 9am to 5pm:

**01422 352383**

[info@halifaxblindsociety.org.uk](mailto:info@halifaxblindsociety.org.uk)

## Calderdale Deaf Association

Supports deaf people in Calderdale with clubs and events to enhance their wellbeing. [calderdaledeafassoc@outlook.com](mailto:calderdaledeafassoc@outlook.com)

## The Calderdale Council of Mosques

Represents Muslims across Calderdale.

[info@calderdalecouncilofmosques.com](mailto:info@calderdalecouncilofmosques.com)

[calderdalecouncilofmosques.com](http://calderdalecouncilofmosques.com)

## St Augustine's Centre (Halifax)

Supports refugees, asylum seekers and migrants regardless of faith, ethnicity or background. Can be contacted Tuesdays, Wednesdays and Thursdays from 10am to 3pm:

**07743045625 or 07756262024**

[staugustinescentrehalifax.org.uk](http://staugustinescentrehalifax.org.uk)

## Calderdale Recovery Steps

The local drug and alcohol service that provides recovery and treatment services across Calderdale.

**01422 415550**

[calderdalerecoverysteps.org.uk](http://calderdalerecoverysteps.org.uk)

## Calderdale Staying Safe

Provides support to people affected by domestic abuse. **01422 323339**

Monday to Friday 9am to 5pm

[calderdalestaying-safe.org.uk](http://calderdalestaying-safe.org.uk). In an emergency call **999**.

## Mental Health Support Line

A free and confidential 24/7 mental health helpline is available for anyone in Calderdale registered with a GP. It offers support and guidance on where you can access help: **0800 183 0558**

## Vitamins

A free, local NHS talking therapies service: **0333 0153 494**

[vitahealthgroup.co.uk/vitamins](http://vitahealthgroup.co.uk/vitamins)

## SWYFT

South West Yorkshire Partnership NHS Foundation Trust (SWYFT) helps people through mental health, community, learning disability and wellbeing services across Calderdale. Find out more here: [southwestyorkshire.nhs.uk](http://southwestyorkshire.nhs.uk)



# Financial Support

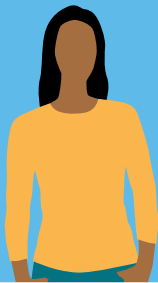
Did you know that if you have been asked to self-isolate (either because you have had a positive COVID-19 test result or you are a close contact of someone who has COVID-19) and you cannot work from home and will lose income during this period, you may be eligible for a one-off self-isolation payment of £500? The scheme now includes working parents who have to stay home to look after children who have been asked by school to isolate.

To find out more and apply for this payment please go to our website: [www.calderdale.gov.uk/v2/coronavirus/help](http://www.calderdale.gov.uk/v2/coronavirus/help)  
Phone number: **01422 392890**

## Limit social mixing with others



## Keep a safe distance



6ft / 2m



## Isolate if you have symptoms:

High temperature    Loss of smell or taste    Continuous cough

