

Self-isolation: are you ready?

If you need to self-isolate, make sure you're practically and mentally prepared from the beginning:



Isolation period

Check how long you need to isolate for by visiting [gov.uk/coronavirus](https://www.gov.uk/coronavirus).



Food, medication and essentials

If possible, have food and essential items delivered to your home and follow social distancing and isolation guidance. Ask a friend, relative or neighbour to collect items if you can, or contact NHS Volunteer Responders on **0808 196 3646**.



Children

Contact your child's school or nursery to make them aware and to organise schoolwork and any free school meals provision.



Dependants

If you care for another adult, ask a trusted person to take over your care responsibilities if possible, or contact your council's Adult Social Care on: Leicester City Council **0116 454 1004**, Leicestershire County Council **0116 305 0004**, Rutland County Council **01572 758341**.



Pets

If you have a pet you might not be able to look after, ask a neighbour, friend or relative to help out. During self-isolation you won't be able to exercise your dog yourself, anywhere except your own garden.



Finances

If you pay bills in person, inform the companies or services of your situation as soon as possible.



Work

Work from home if you can. If this isn't possible, speak to your employer about sick pay. For an isolation note, visit [111.nhs.uk/isolation-note](https://www.111.nhs.uk/isolation-note).



Physical health

Rearrange any pre-booked health appointments or ask for a telephone/online appointment where possible. Stay active at home, but rest if you're feeling unwell.



Mental health

Look after yourself and don't be afraid to ask for help if you need it. Visit [nhs.uk](https://www.nhs.uk) for mental health and wellbeing advice.



Hygiene at home

For the health of those you live with, keep your distance from the rest of your household and keep your living space clean. Disinfect and sanitise bathrooms, kitchens and frequently touched surfaces in shared spaces regularly. Don't share towels, or even tea towels, and wash pots separately. Sleep in separate bedrooms if you can.



If you need further support whilst self-isolating, visit your local council's coronavirus webpages

It's
down
to us

KEEP THE
RATE DOWN
IN LEICESTER
LEICESTERSHIRE
AND RUTLAND
COVID-19