10 WAYS TO DO YOUR 10 DAYS

CHECKLIST FOR SELF-ISOLATING SAFELY

Help for people self-isolating



Keeping yourself away from other people when you could be infectious is the most effective way of stopping coronavirus.

If you're told to self-isolate, it's important to do so immediately and for the full 10 days. You shouldn't leave home for any reason.

You're not alone if you find doing this hard. Planning ahead, even before you have been told to self-isolate, can make things easier.

For more help and support with self-isolating please visit **manchester.gov.uk/coronavirus** or phone **0800 234 6123** 9am – 5pm Monday to Friday.

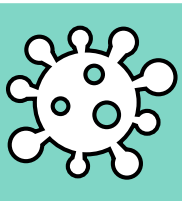
1. Know your 10 days



Stay at home, away from other people immediately for 10 full days. Count your 10 days using the NHS Covid-19 app.

During this time you also need to try and reduce the chances of spreading any infection to the people you live with.

2. Tell your work



Ask your employer about working from home or any sick leave or special leave options.

You might otherwise be able to get Statutory Sick Pay, a £500 Test and Trace Support Payment or other financial help, including if you're self-employed.

3. Plan your money



Check you have money to buy what you need and pay your rent and bills. Call the companies and explain your situation if not.

4. Arrange food, medicines & essentials



Ask friends and family to safely drop-off anything you need. Many shops and pharmacies can help with deliveries too.

Your local community hub can also help – via SMS on **07860 022 876**.

#DOYOURBIT

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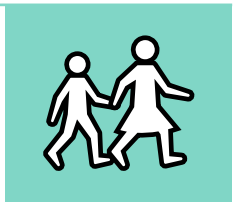
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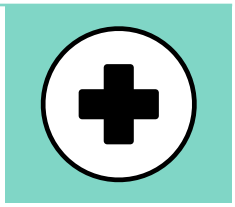
5. Continue your children's education



If someone in your household has coronavirus or symptoms, any children you live with must also self-isolate. Contact their school to ask for work to do at home and any free school meals to be delivered.

If only you are self-isolating, your children should attend school as normal – but you will need to ask someone else to do the school run for you.

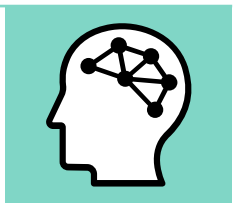
6. Get care for anyone who depends on you



If you're a carer, ask friends or family to provide the care while you are self-isolating.

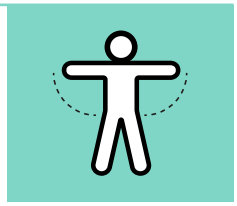
If no-one else can safely take this on, a local mutual aid group could help.

7. Protect your mental health



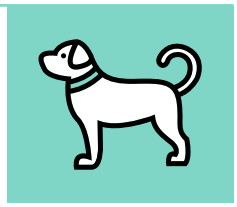
Create a routine, keep busy, stay active, and speak to friends online or by phone. For silent, confidential, 24/7 mental health support, text **SHOUT** to **85258**.

8. Keep moving at home



Staying active will boost your physical and mental health. Get 30 minutes a day without leaving home.

9. Look after your pets



Check you have enough pet food and supplies. If required, ask someone else to care for your animal(s) while you are self-isolating. You shouldn't leave your home to walk your dog.

10. Get any other help you need



As well as your local community hub, NHS volunteer responders could help with all sorts of everyday tasks while you're self-isolating.

To find out more call **0808 196 3646** to arrange support for yourself or someone you know (8am to 8pm, 7 days a week).

Notes

NHS in Greater Manchester

GMCA GREATER MANCHESTER COMBINED AUTHORITY

MANCHESTER CITY COUNCIL