

# Self-isolation information and support

## Got coronavirus symptoms? You and your household need to self-isolate.



If you have a cough, high temperature or loss/change in taste or smell, you and your whole household need to stay at home and you need to get a test straight away. You can do this at [NHSinform.scot/test-and-protect](https://www.nhs.uk/infocentre/quicklinks) or by calling **0800 028 2816** if you cannot get online. You and your whole household should then stay at home until the test results come back. If you test positive, you and your household need to continue to self-isolate. If you test negative, you can stop self-isolating as long as you feel well and have not had a high temperature for 48 hours (without taking any medicines to treat a high temperature). Your household can stop isolating too.

Also, if you have been with someone who has tested positive or if you have been to a country on the quarantine list, you should self-isolate. That's even if you don't have symptoms of coronavirus.



## How long should I self-isolate?

If you get coronavirus symptoms, stay in your home for 10 days. Others in your household need to stay at home for 10 days too in case they develop symptoms. That includes everyone who lives in your home.

## How do I self-isolate?

Self-isolation means staying at home all the time, with no other households coming inside.

- Don't pop to the shops, even if you're wearing a face covering
- Don't go to school or nursery
- Don't take the dog for a walk
- Don't let people come into your home to bring shopping, look after children or for any other gathering



Remember  
**FACTS**



**FACE  
COVERINGS**



**AVOID  
CROWDS**



**CLEAN  
HANDS**



**TWO  
METRES**



**SELF-  
ISOLATE**

## Plan ahead



In case you need to self-isolate it's a good idea to have a few things ready at home. These should include:

- Medicines you usually keep handy in your home
- Basic food supplies
- Contact details of someone you know to bring shopping (they should leave it outside your front door) and walk the dog

## Support with money



If you need to self-isolate your employer should help you, and you may be able to get statutory sick pay.

If you are on a low income and are asked to self-isolate by Test & Protect you may be able to get a Self-isolation Support Grant of £500. Even if you have no access to public funds you may still be accepted for support. For more information call the National Assistance Helpline on **0800 111 4000** or textphone **0800 111 4114**.

## Key support contacts



If you don't have anyone that can help you get food or medicine when self-isolating, call the National Assistance Helpline on **0800 111 4000** or textphone **0800 111 4114** (Monday to Friday 9am to 5pm).

If you're worried about your mental health, visit [clearyourhead.scot](https://clearyourhead.scot)

If you're worried about your child's mental health, visit [parentclub.scot](https://parentclub.scot)

If you're being affected by domestic abuse, call **0800 027 1234** or visit [sdafmh.org.uk](https://sdafmh.org.uk)

You can also contact your local community group, who will be able to help you or suggest others who can help.

#WeAreScotland

Remember  
**FACTS**



FACE  
COVERINGS



AVOID  
CROWDS



CLEAN  
HANDS



TWO  
METRES



SELF-  
ISOLATE