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Information and support if you need to self-isolate

It can be challenging to stay at home and self-isolate but it means you're helping to stop Coronavirus spreading to other people and keeping Wales safe.

Remember if you need support with your mental health, practical or financial support during this time, there is help available for you.

Supporting you to stay safe at home

Self-isolation means not leaving the house at all – not even to go to work, get shopping or medication or to visit anyone else's house.

How long to isolate for

**10
DAYS**

Check you understand how long you need to self-isolate for by checking the Welsh Government stay at home guidance at gov.wales/selfisolation. If you've tested positive you'll need to stay home for 10 days. If you're a contact of someone who has tested positive you'll need to stay home for 10 days.

Reduce the spread of infection in your home

It's important to do what you can to reduce the spread of infection in your home:



Regularly wash your hands with soap and water often, for at least 20 seconds



Clean objects and surfaces you touch often (such as door handles, kettles and phones) using cleaning products



Wear a face covering and social distance when in shared parts of your home if you can



Use hand sanitiser gel if you don't have soap



Put used tissues in the bin immediately and wash your hands afterwards



Keep windows open if it is safe to do so in some rooms if you can



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze



Try not to share towels

If you're affected by Coronavirus find out what services are available to help you at gov.wales/find-support-affected-coronavirus



Look after your mental health and well-being

We're living through a difficult time and it's more important than ever to look after your mental health and well-being. The Public Health Wales website has support and information to help you phw.nhs.wales/howareyoudoing.



Staying in touch

Use your support network to help you through self-isolation. Keep in contact with family and friends over the phone, or by text, email, video calls or social media.

For more information visit phw.nhs.wales/HAYDStayingConnected.



Be active

It's important to keep busy at home and do some physical activity each day. There are options for all ages and abilities such as online home workouts, dancing to music or seated exercises.

For more information visit phw.nhs.wales/HAYDPhysicallywell.



Helping your children during self-isolation

You'll need to inform your child's school if your family needs to self-isolate. Ask for details of any school work that your child may need to do at home.



Caring responsibilities

You can access advice from Carers Wales online

carersuk.org/wales, by calling the Carers UK Helpline **0808 808 7777** or emailing advice@carersuk.org. You can also contact your local authority Social Services Team.



Help with money

If you can't work because of coronavirus you could be eligible for help and support.

Ask your manager about Statutory Sick Pay (SSP). This can help towards your living costs, rent or bills.

If you're self-employed check the Welsh Government guidance at gov.wales/selfemployedsupport.

If you're on a low-income and cannot work from home, or your child has been asked to self-isolate you could get a payment of £500 to help with loss of earnings. See if you're eligible to receive the £500 self-isolation payment at:

gov.wales/self-isolation-support-scheme.

Find out what financial support is available to you at gov.wales/financialsupport.

Together we will Keep Wales Safe
Find out more at gov.wales/coronavirus