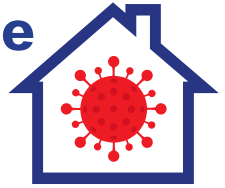


Self-isolation pack for close contacts of those testing positive for COVID-19



Thank you for reading this pack. Self-isolating for 10 days when you have been identified as a close contact to someone who has tested positive for COVID-19, regardless of how you are feeling, is a crucially important step in preventing the spread of the virus. It also helps prevent the NHS in our local area from becoming overwhelmed.

By self-isolating you are helping protect your loved ones and your community, you could genuinely be saving a life.

You may have been identified as a close contact through the NHS APP on your phone, because you live with someone who has tested positive or through contact tracing carried out by the NHS test and trace service, where someone who has tested positive has identified you as a close contact.

You must self-isolate for 10 days since your last contact with the person who has tested positive. If you develop COVID-19 symptoms during your self-isolation period, you must self-isolate for a further 10 days from the start of your symptoms. (See the picture below for more details)

Advice for how to treat COVID-19 symptoms at home can be found here <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/>

Up to 1 in 3 people who have COVID-19 have no symptoms and could be spreading it without realising it.

Thank you for self-isolating and helping play your part to keep West Berkshire safe.

Matt Pearce
Service Director Communities
and Wellbeing

Nick Carter
Chief Executive

Lynne Doherty
Leader of
the Council



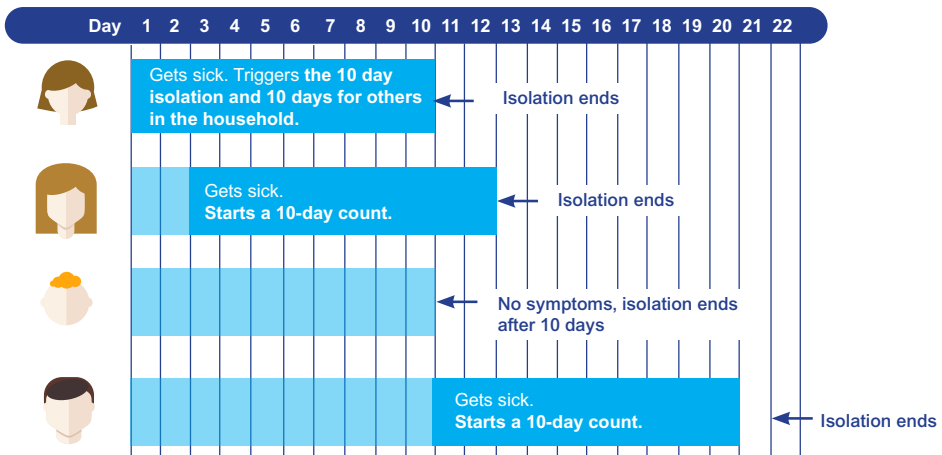
Self-isolating: What does it mean?

Simply put self-isolating means you cannot leave your house for any reason. If anyone one in your house has tested positive for COVID-19, or has COVID-19 symptoms and is awaiting a test result, no one in the house is permitted to leave until the full self-isolation period has finished or a negative test result is returned. It is a legal requirement to tell your employer you have been asked to self-isolate and it is illegal for your employer to require you to come into the workplace during the self-isolation period.

If a member of your household has been identified as a 'close contact' of someone outside of your household, they are not permitted to leave the house until they have completed their self-isolation period. However, the rest of the household are able to leave their house during this time. No one should seek a COVID-19 test unless they have symptoms or have been instructed to by a clinician.

Self-Isolating is a legal requirement. You can be fined if you fail to self-isolate.

Self-isolating



Support when self-isolating

Self-isolating will at times be frustrating and challenging, especially if you are feeling unwell or lose out on income due to not being able to work. We want to help support our residents to self-isolate, here are some of the ways you can seek support if you need it.



COVID Winter Grant Scheme

If you are in financial hardship due to the pandemic you may be eligible for financial support from the COVID Winter Grant Scheme which is open until the 15 March 2021.

NHS Test and Trace Support Payment

If you have been told by the NHS Test and Trace Service to self-isolate, either because you have tested positive for coronavirus (COVID-19) or you have been in contact with someone who has tested positive, you may be entitled to some financial support during your self-isolation period. Please note that you are not entitled to financial support if you have only been advised to self-isolate by the NHS COVID-19 app.

To apply for either of these grants please visit our website:

<https://info.westberks.gov.uk/coronavirus-support>

Community Support Hub

We know that this is a difficult time for everyone and that no one in the community remains unaffected by this global emergency. That said, the current situation will leave some of our residents in greater need of support with their daily lives, whether this be help with food, shopping or a listening ear. If you are one of these residents, the Community Support Hub is here to help.



The Hub is open five days a week, from Monday to Thursday 8:30am to 5pm and on Fridays 8:30am to 4:30pm, and has already been used to help hundreds of local people. If you need to get in touch, please call us on **01635 503579**, email us on westberksbct@westberks.gov.uk or you can ask for help from our [Community Support Hub service online](#). For out of hours emergencies, please contact **01635 42161**.

Council Tax and Benefits

Find out how much Council Tax Support and Housing Benefit you might be entitled to. You can use our online [Council Tax Support and Housing Benefits Calculator](#) for an instant online estimate. You can also [find out how to get money off your Council Tax bill](#) if you qualify for Council Tax Reduction.

Keeping a balanced lifestyle whilst self-isolating

Having to spend 10 days self-isolating may seem daunting, so it's good to keep a balanced routine in order to help boost your mental and physical health.

You may want to plan out your days and think about activities you can do throughout your self-isolation period, what you decide to do will vary, depending on how you are feeling.

You may want to think about ways of staying in touch with friends or family, ways of being creative or active at home such as indoor exercise or painting and ways to look after yourself such as practicing mindfulness or doing something you find relaxing like taking a bath or reading.

You could think about planning your day based around the 5 Ways of Wellbeing: connect, stay active, keep learning, take notice and give to others.



- Speaking to family and friends (phone, post or online)
- Talking about my worries to someone I trust



- Getting some exercise at home
- Drinking water



- Making a list or setting goals
- Doing things I enjoy (reading, cooking, listening to radio, watching TV, playing games, crosswords, jigsaws, painting)
- Learning something new



- Planning things to look forward to
- Wearing bright comfortable clothes
- Writing my thoughts down in a journal
- Deep breathing



- Phone someone I know
- Thinking about 3 good things that happened each day

It's also important to make sure you are eating a balanced diet and especially concentrating on eating at least 5 portions of fruit and vegetables a day. Vegetables are rich in vitamins and minerals that help our body's immune system and digestive system. Make sure you also keep hydrated by drinking 6-7 glasses of water a day.

Useful Links

- **Books on Prescription:** many ebooks are available from West Berkshire libraries: <http://info.westberks.gov.uk/article/35201>
- **Sleepio:** An evidence based sleep programme with 20 minute interactive sessions that use cognitive behavioural techniques which you can personalise to help improve your sleep. Download it from the Apple Store or Visit the website from an Android device
- Try a guided meditation. Headspace and Calm have some free content available. Headspace: <https://www.headspace.com/covid-19> or Calm: <https://www.calm.com/blog/take-a-deep-breath>
- **WRAP** - Wellness Recovery Plan: WRAP lets you create your own personalised plan to help keep you well by recording what makes life more difficult for you and what helps you - you can then email this to anyone you want to have a copy. Download it from the [Apple Store](#) or Download it from [Google Play](#)
- Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters>

Mental Health Support

Having to self-isolate can take a toll on your mental health as well as your physical health. It's ok not to be ok. You can find contact details for local and national mental health support services below:

Samaritans Newbury: emotional support 24 hours a day, 7 days a week.
Call **116 123**

Shout: 24/7 UK text messaging service to correspond with trained volunteers and clinical specialists about anything that is worrying you. Text SHOUT to **85258**, 24 hours a day

West Berkshire Suicide Prevention: If you or someone you know is struggling with poor mental health and/or have had suicidal thoughts please visit this **website** for a range of resources for immediate and non-immediate emotional support.

Emotional Health Triage remains open for referrals at this time. Emotional Health Triage is West Berkshire's free service open to children and young people who need support with emotional health difficulties. The service can help with issues including low mood, anxiety, self-harm, anger, coping with bullying, friendships and eating or image problems. It is the gateway to many different early support options and recommendations are made for the most suitable support for each case. Referrals are usually made by family members, schools or GPs. Young people are also able to self-refer for support. For more information and contact details see: **<https://info.westberks.gov.uk/index.aspx?articleid=35803>**

Kooth: Free online counselling and emotional wellbeing support for young people 11-18 years of age.

Talking Therapies Berkshire: For those aged 17 and over with depression and anxiety. Open 8am to 8pm Monday to Thursday, and 8am to 5pm on Fridays. Call **0300 365 0200**.

Eight Bells for Mental Health: For anyone needing help or advice, contact **coordinator@eightbellsnewbury.co.uk** or mobile: **07387 962 220**. Open Mondays 8am-8pm and Tuesdays to Fridays 10am-5pm.

For general information on how to stay mentally healthy you can check out advice on our website here: **https://info.westberks.gov.uk/fivewaysto_wellbeing**