

Stay|Safe|Sheff

Coronavirus (COVID-19)

Dear Resident,

Self-isolating is the most important thing you can do as it stops you passing Coronavirus (COVID-19) to others. What you do today will make a difference. In this pack you will find information about financial payments you may be able to claim, and other support available to help you self-isolate.

What is self-isolation?

Self-isolation means staying at home. You must not leave your home (unless you are going for a Coronavirus test) and you must not have visitors in your home or garden, except for people providing essential care.

Why you must self-isolate

This virus is still very dangerous and spreads easily, especially when you are in close contact with people indoors. Imagine how bad you would feel if you passed the virus to someone who then became seriously ill or died.

What to do

You must isolate immediately and stay at home for 10 days if you:

- have any symptoms, however mild
- have been in contact with someone who has symptoms or has tested positive
- have been contacted by NHS Test and Trace

It is important to self-isolate if you are a 'contact' because you can still spread the virus without having symptoms. If you have symptoms, however mild, you must book a test. Call 119 or book online at www.nhs.uk/coronavirus. Tests are quick and easy, and the results usually come back within 24 hours.

Symptoms

If you have ANY of these symptoms, even if they are not very bad, you might have coronavirus:

- a new, continuous cough
- a high temperature
- loss or change in your sense of taste or smell

Thank you for reading this pack. By self-isolating you are helping to stop the spread of Coronavirus, keep your loved ones safe, and save lives.

Yours faithfully



Greg Fell, Director of Public Health, Sheffield



Support

There is lots of help available, including financial support, to help you self-isolate. To find out more, visit www.sheffield.gov.uk/coronavirus and select 'Support for people'.



To help you get through your self-isolation, please ask for help from your friends and family. Or call our **Community Helpline** on **0114 273 4567** for help with food shopping, collecting prescriptions or to talk to someone if you are lonely.

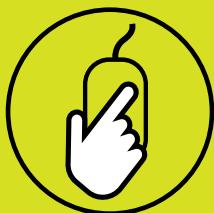


You can apply for a **£500 Test and Trace support payment** if you are on a low income and will lose income if you have to self-isolate.

You can also apply for a **Covid Hardship Related Assistance grant** if you are having difficulties paying for food and other essentials due to Coronavirus.

For more details and to apply for these payments, visit www.sheffield.gov.uk/coronavirus and select 'Support for people'.

Our contact centre (0114 273 4567) can help you fill in forms to apply for the money.



The NHS has lots of tips for looking after your mental health during self-isolation – search for 'Every Mind Matters' online.

You can also search the Sheffield Mental Health Guide for specific support from local, national and online services at www.sheffieldmentalhealth.co.uk.

How to treat coronavirus symptoms at home

There is no at-home treatment for Coronavirus (COVID-19), but you can often ease the symptoms yourself.



Treating a high temperature

- Get lots of rest
- Drink plenty of water
- Take paracetamol if you feel uncomfortable

Treating a cough

- Avoid lying on your back
- Have a teaspoon of honey (do not give honey to babies under 12 months)



Do not go to a pharmacy

- If you or someone you live with has coronavirus symptoms, you must all stay at home.
- Try calling or contacting the pharmacy online or asking a friend to go for you instead. You can also call Sheffield City Council's community helpline on 0114 273 4567.



If your symptoms get worse

If you feel you cannot cope with your symptoms at home, for example if you feel breathless and it's getting worse, call the NHS on 111 or use the NHS 111 online Coronavirus service. **Call 999 for an ambulance if you or someone you care for:**

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

What happens if someone in your household gets symptoms?



DAY	MUM	CHILD 1	CHILD 2	DAD
1	Gets symptoms, triggering 10-day isolation period for herself and her family			
2				
3				
4				
5				
6				
7				
8				
9			NO SYMPTOMS ISOLATION ENDS	
10	ISOLATION ENDS			
11				
12		ISOLATION ENDS		
13				
14				
15				
16				
17				
18				ISOLATION ENDS

Anyone with symptoms should keep at least 2m away from other people in the house.

People may be able to pass on coronavirus without showing any symptoms.

Staying safe at home

You are most likely to get Coronavirus from someone you live with as it spreads easily in small indoor spaces.

If you have symptoms, however mild, or test positive, you should stay away from other people in your household as much as possible. This is especially important if they are over 70 years old, pregnant, or have a weakened immune system. These tips will help you keep your loved ones safe.



Do not eat with other people



Use a separate bathroom or use the bathroom after everyone else, close the lid when you flush and wipe everything you've touched



Avoid using shared spaces (such as the kitchen) at the same time as other people



Try not to share a bed. Ask your partner to sleep in another room or on the sofa



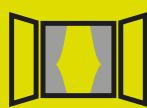
If you live with someone at higher risk, try to arrange for them to stay with friends or family while you're self-isolating



Do not share any towels



Wear a face covering and keep 2 metres apart in shared spaces



Open the windows in your room and in shared spaces



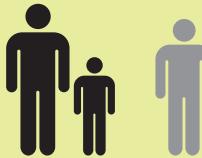
Everyone in the house should wash hands regularly



Stay on your own in one room as much as possible and keep the door closed

Self-isolating is helping to stop the spread of Coronavirus (Covid-19).

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Coronavirus (COVID-19)

What to do if...	Stop the spread of the virus ...	When to end isolation...
	<p>... I have Coronavirus (COVID-19) symptoms</p> <ul style="list-style-type: none"> Get a test Self-isolate - stay at home, don't go to work or leave home for any reason, even for food and essentials Everyone who lives in the house must self-isolate until you get the test result Tell your close contacts about your test result 	<p>... if your test is negative</p>
	<p>... I test positive for Coronavirus (COVID-19)</p> <ul style="list-style-type: none"> Self-isolate for at least 10 days from when symptoms started (or from day of test if no symptoms) Tell your employer immediately about your test result Whole households must self-isolate for 10 days from start of symptoms (or from day of test if no symptoms) - even if someone tests negative during those 10 days 	<p>... when you've finished 10 days of self-isolation You can return to work after 10 days even if you have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone</p>
	<p>... a person who I live with has been told to self-isolate because they have been in close contact with someone who has Coronavirus (COVID-19) even though they don't have symptoms</p> <ul style="list-style-type: none"> The person who has been told to self-isolate must stay at home They must self-isolate for 10 days - even if they test negative during those 10 days Everyone else who lives in the house does not need to isolate, unless they have been identified as a close contact of someone with a positive result 	<p>... when the person has finished 10 days of self-isolation, even if they test negative during those 10 days No restrictions for others in house unless they are advised to by NHS Test & Trace or they get symptoms</p>
	<p>... a person who I live with has Coronavirus (COVID-19) symptoms</p> <ul style="list-style-type: none"> The person with symptoms must get a test Everyone who lives in the house must self-isolate until they get their result 	<p>... if the person's test is negative</p>
	<p>... a person who I live with has tested positive for Coronavirus (COVID-19)</p> <ul style="list-style-type: none"> Everyone in the house must self-isolate for 10 days from start of symptoms (or from day of test if no symptoms) even if somebody tests negative during those 10 days This is because you can spread the virus at any time during this period, even if you don't have symptoms 	<p>... when everyone has completed 10 days of isolation, even if they test negative during those 10 days</p>

Thank you for following this advice and playing your part.



What to do if...	Stop the spread of the virus ...	When to end isolation...
 <p>... NHS Test and Trace has identified you as a close contact of someone with symptoms of Coronavirus (COVID-19) OR ... you have been told by someone you have been in close contact with that they have tested positive for Coronavirus (COVID-19)</p> <p>Examples of close contact include:</p> <ul style="list-style-type: none"> • close face-to-face contact (under 1 metre) for any length of time - including talking to them or coughing on them • being within 1 to 2 metres of each other for more than 15 minutes - including travelling in a car • spending lots of time together in your/their home 	<ul style="list-style-type: none"> • You must self-isolate for 10 days - even if you test negative during those 10 days • Everyone else who lives in the house does not need to isolate, unless they have also been identified as a close contact of someone with a positive result 	... when you have completed 10 days of self-isolation, even if you test negative during those 10 days
 <p>... I have travelled to another country and have to self-isolate as part of a period of quarantine</p>	<p>Returning from a country where quarantine is needed:</p> <ul style="list-style-type: none"> • You must not go to work or leave your house • Only get a test if you have symptoms • Everyone who lives in the house must self-isolate for 10 days, - even if they test negative during those 10 days 	... when the quarantine period of 10 days has been completed even if you test negative during those 10 days
 <p>... I am not sure who should get a test for Coronavirus (COVID-19)</p>	<ul style="list-style-type: none"> • Only people with symptoms should get a test • People without symptoms are not advised to get a test - even if they are a 'close contact' of someone who tests positive 	... when conditions above, as matching your situation, are met

⚠ Be prepared for self isolation



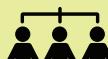
Be clear about Coronavirus (COVID-19) symptoms:

- a high temperature
- a new continuous cough
- a loss or change in taste/smell

Book a test as soon as you get any of the above - call **119** or visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



When a person is self-isolating they **must not leave the house for any reason** (except going for a Coronavirus (COVID-19) test), even for food and essentials, and must not have visitors in their home.



Keep contact details of your workplace, family and friends handy so you can ring them immediately



Have enough supplies of food and any prescription medications at home



If you need any advice or support, including help with shopping, collecting medication, or if you're worried about how self-isolating will affect you financially or emotionally

Call the Council's Coronavirus Community helpline **0114 273 4567** or www.sheffield.gov.uk/coronavirus

For urgent medical advice call 111.

Play Your Part

How to plan for self-isolation

Do you have enough of these items at home?

1. Food and drink essentials	2. Everyday essentials
<ul style="list-style-type: none">• Breakfast cereal / long life bread• Pasta, rice, noodles• Tinned vegetables, fruit, soup, baked beans, tuna• Hot drinks like tea, coffee, or hot chocolate• Long-life or powdered milk• Baking paper, tin foil and cling-film• Sugar, salt and pepper	<ul style="list-style-type: none">• Toilet paper• Sanitary products• Tissues• Toiletries (e.g. soap, shampoo, deodorant, toothpaste)• Nappies• Baby wipes• Baby formula• Washing up liquid• Pet food
3. Medicines	4. Comfort
<ul style="list-style-type: none">• Prescriptions• Painkillers (paracetamol / Ibuprofen)• Antihistamines or other allergy medications• Contraception• Cough and cold remedies• Diarrhoea medication• Calpol• A thermometer	<ul style="list-style-type: none">• Phone charger• Phone credit• Home exercise equipment• Warm clothes, hot water bottle or heated blanket• Eye mask and ear plugs• Gas and electricity credit/top-up• List of emergency contacts

How to get through self-isolation

Sheffield residents share their stories

Danny:

"I had symptoms so I self-isolated. My girlfriend is classed as clinically vulnerable as she's type-1 diabetic, so we had to be extra careful at home. She slept on our sofa while I was quarantined to our room, and she left food for me at the door. Thankfully my test came back negative, but we'd endure it again to keep our friends, family and each other safe."

Christina:

"I self-isolated because I knew it was the right thing to do, and I was protecting those I love and care about."

Lu:

"My husband and I both had to self-isolate this year. We got through it by rediscovering our love of board games. We even played online with friends! It really helped us keep connected and fill our time without sitting in front of the TV."

Joanne:

"I'm clinically vulnerable so wanted to stay safe. I've done three courses, WhatsApp chats and quizzes, decorated the house, and done recordings for YouTube and a CD with my choir online."

Self-isolation calendar

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Activities					
Lunch					
Activities					
Tea					
Activities					

Sheffield Council Community Support Helpline Help with urgent support including shopping and collecting medication, or if you would just like someone to talk to **0114 273 4567**
Listening Line (run by Sheffield Mind) For people aged 50+ who are experiencing loneliness, isolation or anxiety during the Covid-19 pandemic **0114 312 2209** (Mon-Fri 10am-4pm)

Sheffield Mental Health Guide www.sheffieldmentalhealth.co.uk

Sheffield drug support helpline 0114 272 1481

Sheffield domestic abuse helpline 0808 808 2241

Sheffield alcohol support helpline 0114 305 0500



Cut out the activities and complete your own self-isolation calendar

Online exercise	Do some DIY	Read a book	Deep clean a room	Do some crafts	Watch a film
Play a board game	Learn a new skill online	Cook a new recipe	Have a pamper session	Listen to a podcast	Watch a boxset
Take an online museum tour	Sort out the attic/cellar/garage	Call a friend or family member	List things to look forward to after isolation	Make or listen to a music playlist	Play your favourite songs and dance
Write down your pandemic experience	Have a picnic in the lounge	Video call quiz with friends/family	Hunt for bugs in the garden	Download a book/mag from Sheffield eLibrary	

Self-isolation calendar

	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast					
Activities					
Lunch					
Activities					
Tea					
Activities					

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