

Self-isolation information...



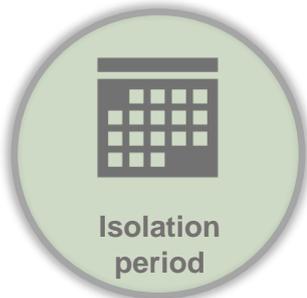
Anyone with COVID-19 symptoms must self-isolate at home and arrange to have a PCR test.

People who have a positive lateral flow device (LFD) test result are no longer required to have a follow-up PCR test, and they should stay at home and self-isolate immediately.

You must self-isolate if you test positive.

This still applies even if you have received one or more doses of the COVID-19 vaccine.

If you live in the same household as someone with COVID-19, or if you have been informed by NHS Test and Trace that you are a contact of a person who has had a positive test result for COVID-19, you are legally required to self-isolate unless exempt (see below).



You must self-isolate from the day of your symptoms, or from the day your test was taken if you do not have symptoms ('onset day'). This is the law, regardless of whether you have been vaccinated.

From Monday, 17th January, you may be able to end your self-isolation period before the end of the 10 full days.

People with COVID-19 in England can end their self-isolation after five full days (not counting the 'onset day'), if they test negative on day 5 and day 6, and do not have a high temperature.

You should aim to take these tests 12-24 hours apart.

If an individual is positive on day 5, then a negative test is required on day 6 and day 7 etc... to release from isolation.

Unvaccinated contacts of positive COVID-19 cases are still required to self-isolate for 10 full days.



If you have been in contact with someone who has tested positive for COVID-19, you are not legally required to self-isolate if you are:

- **fully vaccinated**
- **below the age of 18 years 6 months**
- **have taken part in or are currently part of an approved COVID-19 vaccine trial**
- **you are not able to get vaccinated for medical reasons**

Anyone aged 5 years and over, who has been identified as a contact of someone with COVID-19 and who is not legally required to self-isolate, is still strongly advised to take a rapid lateral flow device (LFD) test every day for 7 days or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier. If any of these LFD tests are positive, self-isolate.

Stay at Home Checklist ✓



Food & Essentials – Check you have enough food and essential items. Shop online or ask friends and family for help.



Money - Make a plan for accessing your money and paying your bills. If you are struggling financially, you may be eligible for Crisis Support.



Work – Ask your employer about sick pay. If you need an isolation note visit: <https://111.nhs.uk/isolation-note/>



Children - Contact the school to arrange for free school meals to be delivered to the home, if you are entitled, and ask about schoolwork.



Dependants – Ask family and friends to provide care for dependants, or you can call Newcastle Carers on **0191 2755060** for advice.



Mental Health – Be mindful of your mental health. Create a routine, keep busy, speak to friends, and ask for help from your GP, if needed.



Physical Activity – Think about how you can keep fit indoors. Change the dates of routine appointments.



Medication – Contact your GP, pharmacy, or keyworker to see if they can arrange delivery of prescriptions or ask someone to collect it for you.



Animals – Check you have enough pet food and supplies. If required, ask someone else to look after your animal(s) during your isolation period.



At Home – Observe strict social distancing and spend as little time as possible in shared spaces. Do not invite or allow social visitors to enter your home, including friends and family.



Ventilation – Opening windows and doors at home is the simplest way of improving ventilation. Ventilating your home does not mean that it has to be cold. Try to keep the temperature in the room at least 18°C.

BE CONSIDERATE. BE CAUTIOUS. BE KIND.



Wear a mask



Wash hands



Make space



Get vaccinated



Let fresh air in



Get tested & isolate

www.newcastle.gov.uk/coronavirus

Newcastle
City Council

If you have any questions about the advice above, or need more support, please contact our Welfare & Wellbeing Team on freephone 0800 170 7001 or you can access the webpage: <https://bit.ly/3CZMLqg>