













Welfare Checklist



**Are you ready to self-isolate?
Check you have everything you need:**

	Isolation	Check you understand how long to isolate for. Check gov.uk/coronavirus for the latest information.	<input type="checkbox"/>
	Food and essentials	Check you have enough food and essentials. Ask friends and family to help.	<input type="checkbox"/>
	Money	Check you have money to buy what you need. Check you can pay your rent and bills. If not, call the companies and explain your situation.	<input type="checkbox"/>
	Work	Ask your boss about sick pay. If you need an isolation note visit: 111.nhs.uk/isolation-note	<input type="checkbox"/>
	Children	Contact the school to arrange for free school meals to be delivered home, and ask for school work.	<input type="checkbox"/>
	Dependents	Ask friends or family to provide care for dependents. Call Newcastle Carers 0191 275 5060 for advice (Monday- Friday 9am – 5pm)	<input type="checkbox"/>
	Mental Health	Be mindful of your mental health. Create a routine, keep busy, stay active, and speak to friends. Ask for help if you need it.	<input type="checkbox"/>
	Physical Health	Think about how you can keep fit indoors. Change the dates of routine appointments.	<input type="checkbox"/>
	Medication	Contact your GP or pharmacy to arrange for your prescription to be delivered or ask someone to collect it for you.	<input type="checkbox"/>
	Animals	Check you have enough pet food and supplies. If required, ask someone else to care for your animal(s) while you are isolating.	<input type="checkbox"/>

If you need more support, please register for a call from our team:

www.newcastle.gov.uk/welfare

Or call 0191 277 8000

