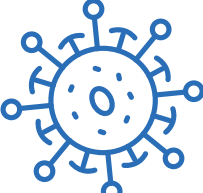



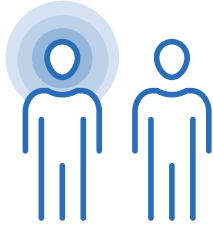









COVID-19 (CORONAVIRUS) AND SELF-ISOLATION: A quick guide for residents in Wirral

Keep.
Wirral.
Well.

What to do if...	Action needed...	Carry on as normal when...
 <p>...I have Coronavirus symptoms</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Self-isolate and get a test ■ Your household and support bubble must also self-isolate 	...the test comes back negative
 <p>...I test POSITIVE for Coronavirus</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Self-isolate for at least 10 days. The 10 days must start from day zero – this is from date of onset of symptoms or in the absence of any symptoms, date of test ■ Rest of household to self-isolate for 14 days. If you have been in work/school in the 2 days before your symptoms started or whilst had symptoms, you should inform them of your positive test result. 	<p>...you have completed self-isolation period. Keep self-isolating if you have any of these symptoms after 10 days:</p> <ul style="list-style-type: none"> ■ a high temperature or feeling hot and shivery ■ a runny nose or sneezing ■ feeling or being sick ■ diarrhoea <p>Only stop self-isolating when these symptoms have gone. The rest of the household must continue to isolate for 14 days from your positive result. A contact having a negative test does not mean that they can stop self-isolation earlier than 14 days.</p>
 <p>...somebody in my household/support bubble has Coronavirus symptoms</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Household to self-isolate ■ Household member to get a test 	...the household member test is NEGATIVE
 <p>...somebody in my household/support bubble has tested POSITIVE for Coronavirus</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Household/support bubble to self-isolate – you must all complete the full 14 days even if you take a test which comes back negative ■ Only take a test if you develop symptoms 	...the household has completed 14 days of self-isolation
 <p>...NHS Test & Trace or the local public health team have identified me as a 'close contact' of somebody with symptoms or confirmed coronavirus</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Self-isolate for 14 days. You must complete the full 14 days even if you take a test which comes back negative. Only take a test if you develop symptoms ■ Those you live with do not need to self-isolate if you do not have symptoms ■ Those in your support bubble do not need to self-isolate if you do not have symptoms 	...you have completed 14 days of self-isolation and haven't developed symptoms.
 <p>...I work with someone who has been told to self-isolate, but doesn't have symptoms of Coronavirus</p>	<ul style="list-style-type: none"> ■ No action required unless you develop symptoms or are contacted by either NHS Test & Trace, the local public health team or your employer has asked you to self-isolate for 14 days 	n/a
 <p>...I work with someone who has developed symptoms of Coronavirus</p>	<ul style="list-style-type: none"> ■ No action required unless you develop symptoms or are contacted by either NHS Test & Trace, the local public health team or your employer has asked you to self-isolate for 14 days 	n/a
 <p>...I work with someone who has tested POSITIVE for Coronavirus</p>	<ul style="list-style-type: none"> ■ No action required unless you develop symptoms or are contacted by either NHS Test & Trace, the local public health team or your employer has asked you to self-isolate for 14 days 	n/a
 <p>...I have been to a restaurant/shop/gym (or other indoor venue) where another customer has gone on to develop Coronavirus symptoms</p>	<ul style="list-style-type: none"> ■ If you think you've been in contact with someone who has Coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow social distancing advice 	...n/a. Unless you're contacted by NHS Test & Trace or the local public health team – continue to follow social distancing advice
 <p>...I have been to a restaurant/shop/gym (or other indoor venue) where another customer has gone on to test positive for Coronavirus</p>	<ul style="list-style-type: none"> ■ If you think you've been in contact with someone who has Coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow social distancing advice 	...n/a. Unless you're contacted by NHS Test & Trace or the local public health team – continue to follow social distancing advice
 <p>...I/my household travelled and have to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> ■ DO NOT go to work/school/ shopping etc ■ Self-isolate for 14 days - even if a test is negative 	...the quarantine period of 14 days has been completed and haven't developed symptoms
 <p>...I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> ■ Only people with symptoms* need to 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

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

For more information visit nhs.uk/coronavirus

While you're self-isolating:

- you can get help with everyday tasks, like collecting shopping or medicines, from an NHS volunteer
- you might be able to get sick pay or other types of financial support if you're not able to work

Find out about help and financial support while you're self-isolating.

From Monday 28 September, individuals will be required by law to self-isolate if they:

- test positive for COVID-19
- are identified by NHS Test and Trace or your local public health team as a 'close contact'

A Test & Trace Support Payment Scheme is being set up to support those who meet Government criteria.

More information is available at gov.uk/coronavirus.