

# SELF ISOLATION DUE TO COVID-19



## Action card for people living alone

Advice for people who are self-isolating due to Covid-19.

These actions will help to protect others inside and outside of your home from infection.



Stay in your home or accommodation, do not go to work, school or other public areas



Do not have visitors in your home or accommodation



Have food, medication and other supplies delivered to you

### ★ Support is available:

Call 0333 360 3700, Monday to Friday, 9 am to 5 pm

or email  
[mycommunity@ageuklambeth.org](mailto:mycommunity@ageuklambeth.org)

Further help is also available on  
**Lambeth council website**

### ⚠ Prevent the spread of infection

Cover coughs and sneezes with a tissue and wash your hands afterwards.

Put personal waste (like used tissues) within two disposable rubbish bags and keep separate from other waste. Keep aside for at least three days before putting in external household waste bin.

### ♥ Take care of your health and wellbeing

#### For those with symptoms of infection

- ✓ Get plenty of rest until you feel better.
- ✓ Keep in contact with friends and family by phone, video and online.
- ✓ Drink enough fluids so that you pass urine regularly.

#### For everyone in self-isolation

- ✓ Take regular exercise within your home if able.
- ✓ Take paracetamol as advised, to reduce pain and fever.
- ✓ Seek help and support if you need.

The more you follow this advice, the more you protect those around you. Not all these measures will be possible if you are living with children or people with significant conditions, like learning disabilities, but keep following this guidance to the best of your ability.

**Seek help if you don't get better or symptoms get worse (e.g. difficulty breathing) by calling your GP, NHS 111 or 999, if it is an emergency.**

- ❗ For further information about the **Test & Trace Support Payment Scheme** (money to support residents required to self-isolate because they tested positive or because they are close contacts of someone who tested positive) please go to [lambeth.gov.uk/covidsupportpayment](https://lambeth.gov.uk/covidsupportpayment)



## Action card for people living with others

Advice for people who are self-isolating due to Covid-19.

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Do not have visitors in your home or accommodation



Have food, medication and other supplies delivered to you

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Further help is also available on [Lambeth council website](#)

### ⚠ Prevent the spread of infection

Cover coughs and sneezes with a tissue and wash your hands afterwards.

Separate yourself from others in your household as much as possible.

Put personal waste (like used tissues) within two disposable rubbish bags and keep separate from other waste. Keep aside for at least three days before putting in external household waste bin.

### ♥ Take care of your health and wellbeing

#### For those with symptoms of infection

- ✓ Get plenty of rest until you feel better.
- ✓ Keep in contact with friends and family by phone, video and online.
- ✓ Drink enough fluids so that you pass urine regularly.

#### For everyone in self-isolation

- ✓ Take regular exercise within your home if able.
- ✓ Take paracetamol as advised, to reduce pain and fever.
- ✓ Seek help and support if you need.

### 🏠 Protect your household

- ✓ Use separate household items, like towels, bedding, toothbrushes, cups and dishes.
- ✓ Wash your hands with soap and water or hand sanitiser for 20 seconds, particularly before cooking and eating, after using the toilet and touching waste or surfaces.
- ✓ Use separate facilities or, if sharing, clean them thoroughly before use by others with regular detergents.
- ✓ Wash all dirty laundry in the same load. If you do not have a washing machine, wait three days after your self-isolation has ended, and then use a public launderette.
- ✓ Wear a mask when you are around others in your home to protect them.

The more you follow this advice, the more you protect those around you. Not all these measures will be possible if you are living with children or people with significant conditions, like learning disabilities, but keep following this guidance to the best of your ability.

**Seek help if you don't get better or symptoms get worse (e.g. difficulty breathing) by calling your GP, NHS 111 or 999, if it is an emergency.**

- ❗ For further information about the **Test & Trace Support Payment Scheme** (money to support residents required to self-isolate because they tested positive or because they are close contacts of someone who tested positive) please go to [lambeth.gov.uk/covidsupportpayment](https://lambeth.gov.uk/covidsupportpayment)

# Action card for people living with vulnerable people

Advice for people who are self-isolating due to Covid-19.  
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Do not have visitors in your home or accommodation



Have food, medication and other supplies delivered to you

## ★ Support is available:

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Further help is also available on [Lambeth council website](#)

## ⚠ Prevent the spread of infection

Cover coughs and sneezes with a tissue and wash your hands afterwards.

Separate yourself from others in your household as much as possible.

Put personal waste (like used tissues) within two disposable rubbish bags and keep separate from other waste. Keep aside for at least three days before putting in external household waste bin.

## 🏠 Protect your household

- ✓ Use separate household items, like towels, bedding, toothbrushes, cups and dishes.
- ✓ Wash your hands with soap and water or hand sanitiser for 20 seconds, particularly before cooking and eating, after using the toilet and touching waste or surfaces.
- ✓ Use separate facilities or, if sharing, clean them thoroughly before use by others with regular detergents.
- ✓ Wash all dirty laundry in the same load. If you do not have a washing machine, wait three days after your self-isolation has ended, and then use a public launderette.
- ✓ Wear a mask when you are around others in your home to protect them.

## 👤 Protect the vulnerable person/people

Where possible, arrange for anyone who is **clinically vulnerable or clinically extremely vulnerable** to move out of your home, to stay with friends or family for the duration of your home isolation period.

If you cannot arrange for vulnerable people to move out of your home, stay away from them as much as possible.

Those who are clinically vulnerable or clinically extremely vulnerable should be supported to take precautions to minimise their contact with other people in your household, regardless of whether others have symptoms or not. These include:

- ✓ Minimise time spent in shared spaces such as kitchens, bathrooms and sitting areas. Any shared spaces should be well ventilated

- ✓ Use a separate bathroom from the rest of the household. If this is not possible, the vulnerable person should use the facilities first
- ✓ Use separate towels and utensils from the rest of the household
- ✓ Have meals in their own rooms. Use a dishwasher to clean and dry the crockery and cutlery. If this is not possible, wash them using your usual washing up liquid and warm water, and dry them thoroughly, using a separate tea towel.

It will be difficult for some people to separate themselves from others at home. You need to do your very best to follow this guidance and everyone in your household should **regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.**

## ♥ Take care of your health and wellbeing

### For those with symptoms of infection

- ✓ Get plenty of rest until you feel better.
- ✓ Keep in contact with friends and family by phone, video and online.
- ✓ Drink enough fluids so that you pass urine regularly.

### For everyone in self-isolation

- ✓ Take regular exercise within your home if able.
- ✓ Take paracetamol as advised, to reduce pain and fever.
- ✓ Seek help and support if you need.

The more you follow this advice, the more you protect those around you. Not all these measures will be possible if you are living with children or people with significant conditions, like learning disabilities, but keep following this guidance to the best of your ability.

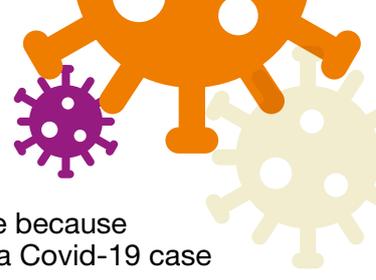
**Seek help if you don't get better or symptoms get worse (e.g. difficulty breathing) by calling your GP, NHS 111 or 999, if it is an emergency.**

📍 For further information about the **Test & Trace Support Payment Scheme** (money to support residents required to self-isolate because they tested positive or because they are close contacts of someone who tested positive) please go to [lambeth.gov.uk/covidsupportpayment](https://lambeth.gov.uk/covidsupportpayment)



**KEEP  
LAMBETH  
SAFE**

**Lambeth**



## When do you need to self-isolate?

If you:

- ✔ have symptoms of Covid-19 and are waiting for a test
- ✔ have tested positive for Covid-19
- ✔ are part of the household of a suspected or confirmed Covid-19 case
- ✔ have been told to self-isolate because you're in close contact with a Covid-19 case
- ✔ have returned from a country that is on the quarantine list.



**Below you can find a step-by-step guide for self-isolation:**

The clock starts on the first day you self-isolate (e.g., if you have symptoms on a Monday, that is day one of self-isolation).

### If you have Covid-19 symptoms (new persistent cough, fever, change of smell/taste):

- Start self-isolation for **10 days from the day your symptoms started**
- Book a test as soon as possible **within 5 days**
- Your household starts self-isolation for **14 days from the day your symptoms started.**

### If you have a positive test for Covid-19:

- You need to self-isolate for **10 days from the day your symptoms started (or when you got a positive test if you did not have symptoms)**
- Your household needs to self-isolate for **14 days from the day symptoms started (or when you got a positive test if you did not have symptoms).**

### If someone else in your household also develops symptoms of Covid-19 during the self-isolation period:

- The person who gets symptoms needs to **get a test** as soon as possible within 5 days
- You continue to self-isolate for **10 days from the day your symptoms started (or when you got a positive test if you did not have symptoms)**
- Your household continues to self-isolate for **14 days from the day the first person in the household got symptoms (or a positive test).**

### If someone else in your household gets a positive test for Covid-19 during the self-isolation period:

- The person who gets symptoms needs to self-isolate for **10 days from the day symptoms started (or they got a positive test if they did not have symptoms)**
- You continue to self-isolate for **10 days from the day your symptoms started (or you got a positive test, if you did not have symptoms)**
- Those in your household who have no symptoms continue to self-isolate for **14 days from the day the first person in household got symptoms (or a positive test).**