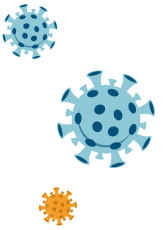




If you need to self-isolate



You have tested positive for COVID-19 or have been told to self-isolate. It's important you stay home (self-isolate) for 10 days to help stop the spread of the virus.

Please don't

- Go to work, school or public places.
- Use public transport or taxis.
- Go out to get food or medicines.
- Have visitors inside your home – except those providing essential care.
- Go out to exercise – exercise at home or in your garden instead.

Do you have children or other relatives to look after?

If your care commitments make it difficult to self-isolate and there's nobody else you can call on, we might be able to help.

Email incident@lewisham.gov.uk or call our helpline 020 8314 3535.



Keep your colleagues and workplace safe. Let your employer know about your positive test result. If you feel up to it and your job allows, you can work from home. If not, ask about sick pay.

You can claim Statutory Sick Pay for the time you've had to self-isolate www.gov.uk/statutory-sick-pay

If you are employed or self-employed and will lose income as a result of self-isolation, you might be entitled to a £500 support grant.

www.lewisham.gov.uk/self-isolation-financial-support

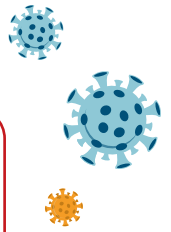
If you're worried about money, call our Advice Lewisham team on 0800 231 5453 (weekdays).



You should have heard from NHS Test and Trace by now. Our Lewisham team is contacting those in self-isolation. Please help them identify people you have been in contact with to help stop the spread of COVID-19 within our community.



Do you have a prescription to collect? Or a dog to walk? Perhaps you're running out of essentials? Ask a family member, friend or neighbour for help. Check whether your local pharmacy offers home deliveries, many do. If there's nobody else you can rely on, call our helpline on 020 8314 3535.



You're halfway through. We know it's tough. That's why it's extra important you take care of your mental wellbeing. Talking helps. Phone a friend or a loved one for a chat. If you'd like a call from one of our friendly volunteers, please get in touch. Visit NHS for tips on how to look after yourself.



Try and get some fresh air and sunshine. It can be tricky without access to a private garden. But open a window or find a sunny spot in your home. And taking a Vitamin D supplement will boost your immune system while you're indoors.

For more tips visit:
www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/



If you feel well enough, getting some exercise will do you good. Your options are limited indoors, but many leisure centres and fitness trainers are offering free classes online. The NHS has some suggestions on how you could get moving www.nhs.uk/live-well/exercise/10-minute-workouts



Many people find weekends the most challenging time to stay at home. Remember you'll only have to endure one or two in self-isolation before you can go back to your usual routine.



You're probably starting to feel better by now. Don't be tempted to go out just yet though. It is likely you are still infectious and could risk passing COVID-19 onto others.



Only one day until you can leave the house. Where will you go first? Protect those you love and make getting together safer – meet outdoors, keep windows open, wear a face covering and wash your hands regularly.

You're done!

Good job! You've helped stop the spread of the virus. If you do go out now – remember to observe the national guidance in place, wear your face covering, wash your hands regularly and keep a safe distance from others.



Ever thought of becoming a community champion?

With your strength and commitment, you'd make a great Community Champion. If you think you can help reach our diverse community, we'd like to hear from you.

Find out more about what the COVID-19 Community Champion role involves at: www.lewisham.gov.uk/covid19communitychampions

COMMUNITY



CHAMPIONS

COVID-19