

## My Self-Isolation Checklist

**You must not leave your home if you're self-isolating.  
Isolating is hard but is vital to stop spreading the virus.**

### When to self-isolate

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- You and anyone you live with must stay at home ([self-isolate](#)) until you get your result.
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by [NHS Test and Trace](#)
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

### How long to self-isolate

- **For at least 10 days if:**  
you have symptoms of coronavirus and you tested positive, had an unclear result or did not have a test.  
  
You tested positive but have not had symptoms  
If you have symptoms, the 10 days starts from when they started.
  - **For 14 days if:**  
you live with (or are in a support bubble with) someone who has symptoms of coronavirus and tested positive, had an unclear result or did not have a test or tested positive but has not had symptoms  
  
You've been told to self-isolate by NHS Test and Trace
- It is really important to keep to the [self-isolation periods](#)**  
Click on the link to find out more

### A Helpful Checklist

- Food supplies  
Can I food shop online? Do I have an account set up ready to use?  
Can someone shop and deliver for me?  
Who else can help? Ring 0345 6789 028 to find out or visit [Shropshire Council - Support for the public](#)
- Medication  
Can some collect for me?  
Who else can help? Ring 0345 6789 028 to find out or visit [Shropshire Council - Support for the public](#)  
Do I have enough over the counter medication? Add it to your shopping list
- Money/Cash – do I have enough money to support me for my needs
- Do I have any caring responsibilities? For further advice and support please take a look at [information for social care services](#)
- Can I work from home if I'm well enough? Speak to your employer or visit [financial support](#) for further guidance
- Pets – everyday tasks, feeding walking, maybe as a friend or neighbour
- How do I look after my mental health and wellbeing? There is a wealth of support online for you. Please look at the following:  
[Looking after your mental health and wellbeing during coronavirus](#) – including a great new resource with a variety of information such as local immediate support and online resources, top tips for self-isolation, a children's 14 day coronavirus challenge and helping to manage coronavirus anxiety.  
  
[NHS Mental Health and Wellbeing Support](#)  
  
[Fitness studio and exercise videos](#), [Strength exercises](#), [10 minute workouts](#)

**If you start to feel worse call 111**

You are not alone! We are here to help Please ring 0345 6789 028 for [welfare support](#) where you will find a variety of information to help you while you are self-isolating.