

COVID-19 (coronavirus)

let's do the
right thing
for Solihull

A quick self-isolation guide

How to self isolate

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

How long to self isolate

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least 10 days.

You will need to self-isolate for 14 days if:

- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you've been told to self-isolate by NHS Test and Trace

Read more about how long to self-isolate [here](#).

How to avoid spreading coronavirus to people you live with

If you are self-isolating because of coronavirus, there are things you can do to reduce the chances of spreading any infection to the people you live with.

Try to stay away from people you live with

If you have symptoms, you should stay away from other people you live with as much as possible.

If you can:

- stay on your own in one room as much as possible and keep the door closed
- avoid using shared spaces (such as the kitchen) at the same time as other people – eat your meals in your room
- use a separate bathroom - otherwise, use the bathroom after everyone else and clean it each time you use it, for example, by wiping the surfaces you've touched

How to reduce the spread of infection in your home

Do

- wash your hands as often as possible with soap and water for at least 20 seconds each time
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products
- consider wearing a face covering when in shared spaces
- keep windows open in the room you're staying in and shared spaces as much as possible

Don't

- share towels, including hand towels and tea towels

If you live with someone at higher risk from coronavirus

It's especially important to try to avoid spreading the infection to anyone who's at higher risk from coronavirus (such as people who are 70 or over, pregnant or have a weakened immune system).

If you live with someone at higher risk, try to arrange for them to stay with friends or family while you're self-isolating.

If you have to stay at home together, try to keep 2 metres (3 steps) away from each other. If possible, try not to share a bed.

Help and support while you're staying at home

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 [here](#).

More information about self-isolation
Read the [full guidance about self-isolation on GOV.UK](#)