

Self-Isolation Guidelines for Carers/Staff during COVID-19 (v2)

When to self-isolate:

<p>You have any symptoms of coronavirus (high temperature, a new, continuous cough or loss or change to your sense of smell or taste)</p>	<p>You've tested positive for coronavirus</p>	<p>You live with someone who has symptoms or tested positive</p>	<p>Someone in your support bubble has symptoms or tested positive</p>	<p>You're told to self-isolate by NHS Test and Trace or the NHS COVID-19 App</p>
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Current Government guidelines say if you have been in contact with someone who has Covid-19 but you 1) do not have any symptoms 2) Don't live with that person 3) have not been told to self-isolate you do not need to self-isolate

How to self-isolate:

<p>You must not leave your home if you're self-isolating</p>	<p>Do not go to work, school or public places Work from home if possible</p>	<p>Do not go on public transport or use taxi services</p>	<p>Do not go out to get food and/or medicine Order it online or by phone, or ask someone to bring it to your home</p>	<p>Do not have visitors in your home, including friends and family Except for people providing essential care</p>	<p>Do not go out to exercise Exercise at home or in your garden, if you have one</p>
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