

# PLAY YOUR PART

## What is self-isolation?

Self-isolation means that you must not leave your home except in an emergency

### Do not:

- X** visit family or friends
- X** go to any shops or supermarkets
- X** go outside to exercise or walk your dog
- X** go to work, university, college or school
- X** use public transport, taxis or share a car
- X** attend parties or other events, even if these are outside

If you are worried about your finances or emotional wellbeing, struggling with shopping or feeling isolated then help is available to you through HertsHelp, our countywide information advice and support line:

Email:  
**info@hertshelp.net**

Telephone:  
**0300 123 4044**

Or visit:  
**www.hertshelp.net**



### When should I self-isolate and how long for?

	Days
If you develop symptoms (a fever, new cough or loss of taste or sense of smell)	10
If you test positive for COVID-19	10
If you've been told you're in close contact with someone who has tested positive	14
If you have been contacted by the Test and Trace service	14
If you live in a household where others (including children) develop symptoms or they have tested positive	14
If you have been sent home and told to self-isolate as part of a bubble. Other household members do not need to self-isolate unless someone in the household develops symptoms or tests positive	14

If you develop symptoms, book a test at [www.nhs.uk](http://www.nhs.uk) or call 119

