Important information for people who are required to self-isolate

Dear Resident,

We are sorry that you have recently tested positive for coronavirus (COVID-19).

We will call you to see if you need any extra help during your period of self-isolation. Self-isolation – even if you feel better – will help to stop COVID spreading in Solihull. This is really important now as the new variant spreads more easily.

We will ask you about where you think you got COVID. This helps us to find where the virus may be spreading.

If you have any questions about self-isolating, please visit the Government website: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance

Or call us on **0121 704 6892**.

If your condition worsens, you should contact 111 or your GP for advice.

If you are on a low income or have financial problems, you may be able to get financial support. For more information, or to apply please visit our website: https://www.solihull.gov.uk/Resident/socialservicesandhealth/Coronavirus/selfisolatingpayment

Or call us on **0121 704 8200** where one of our team can help.

To reduce the spread of COVID-19 everyone who tests positive is required by law, to self-isolate at home. This means that if you are not receiving urgent medical treatment you need to:

- Stay at home for 10 full days (from the day your symptoms started or the day you had the test)
- Do not go to work, school or shopping.
- Do not go out to exercise – exercise at home or in your garden, if you have one
- Those in your household must also self-isolate for 10 days, unless they are part of a national pilot of daily contact testing.
- Do not send your children to school or nursery.
- Do not invite friends or family into your home.

Thank you for helping to stop the spread.

Solihull Metropolitan Borough Council