LOCAL HELP IS AT HAND

HELP! I'm worried about COVID-19

Take regular rapid response LFT tests even if you don't have symptoms. You can pick up tests to take at home or get tested in a local pharmacy. Find your nearest pharmacy at: **maps.test-and-trace.nhs.uk** You can also order home test kits online from: **gov.uk/order-coronavirus-rapid-lateral-flow-tests**

HELP! I have COVID-19 symptoms

Most people with COVID-19 have at least one of these symptoms:
- A high temperature. This means you feel hot to touch on your chest or back.
- A new, continuous cough.
- A loss or change to your sense of smell or taste.

If you have symptoms, you need to self-isolate and take a PCR test. You can only leave home to have a test. Book a test online **gov.uk/get-coronavirus-test** or phone **119**

HELP! My child or I are required to self-isolate

If you or your child are told to self-isolate by NHS Test and Trace or by the school or you have COVID-19 symptoms, you must not leave your home or garden. If you test positive or NHS Test and Trace ask you to self-isolate, you must do so by law. Self-isolation rules are changing on 16 August 2021. You can find out more here **keeptheislandsafe.org/self-isolation**

HELP! I can't afford to self-isolate

You could get £500 support grant if you need to self-isolate and are on a low income, cannot work from home and will lose income as a result. You can also apply for the support grant if you have to stay at home to look after a child who is required to self-isolate. You do not need to repay the money. **iow.gov.uk/IWtestandtracesupport**

HELP! I'm worried about my work if I have to self-isolate

If you are worried about money or work because you have to self-isolate, please ask for help. **keeptheislandsafe.org/self-isolation** or phone **01983 823600**

HELP! I'm feeling worried

It's okay not to be okay. Get help at **iwmentalhealth.co.uk** or phone **111**
The COVID-19 helpline may also be able to help **01983 823600**

keeptheislandsafe.org

NHS Isle of Wight NHS Trust

ISLE of WIGHT COUNCIL