



### 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](https://maps.test-and-trace.nhs.uk) You can also order home test kits online from:

➤ [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://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](https://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](https://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](https://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](https://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](https://iwmentalhealth.co.uk) or phone ☎ 111

The COVID-19 helpline may also be able to help ☎ 01983 823600