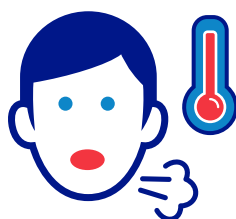




Self-isolating in an appropriate and timely way is one of the best lines of defence we have against the spread of coronavirus.

When do I need to self-isolate?

If you have COVID-19 symptoms - a new continuous cough, high temperature, or change in sense of taste or smell.



If you **test positive** for COVID-19.

If you live with someone **who has symptoms** of COVID-19.

How long must I stay at home?



If you have **symptoms** or have had a **positive test**.

If **someone** in your **household** has **symptoms**, or you are told you are a **close contact** of someone with a **positive test**.



If you arrive in the UK from one of a number of countries that **aren't exempt** from quarantine **rules**.

What does self-isolation mean?

Staying at home and not leaving it.



Not to go out for any reason - even to buy food, medicines or other essentials, or for exercise.

How are the rules enforced?

From 28 September, anyone in England who **does not self-isolate** after a positive test or if they are a close contact of someone with COVID-19 could be fined up to **£10,000**.



If you need to self-isolate and do not have help with getting food or necessities, Bury Community Hubs can help. Call 0161 253 5353 Monday - Friday.