

Preparing for self-isolation checklist

Are you ready to self-isolate? Check you have everything you need.

Tick

Isolation



Check you understand how long you need to self-isolate for by checking the Welsh Government stay at home guidance at gov.wales/selfisolation.

Food and essentials



Do you have enough food to cover your self-isolation period? If not book an online shopping slot or ask family or friends if they can do your shopping for you. Find further support and information at gov.wales/gettingfood.

Medication



Contact your local pharmacy to arrange for someone to deliver your prescriptions or ask someone to collect it for you. For over the counter medicine you could add these to your online shopping order. Find out more at gov.wales/gettingmedicines.

Money



Check you have enough money to support your needs including any rent or bills you pay. If you don't, call the companies to explain your situation.
See if you are eligible for further financial support or the £500 self-isolation payment at gov.wales/financialsupport.

Work



Ask your manager about sick pay or if you are self-employed check Welsh Government guidance at gov.wales/selfemployedsupport.

Pets



Check you have pet food and supplies. If you're having trouble caring for your pet ask if family, friends or neighbours can help with walking or feeding.

Non-essential in house services



All non-essential in-house services and repairs should be postponed until your self-isolation period is complete.

Staying in touch



Keep in contact with family and friends over the phone, or by text, email, video calls or social media.

Mental health and well-being



You can get free advice and help by going to callhelpline.org.uk, calling 0800 132 737 or texting: HELP to 81066.

Caring responsibilities



You can access advice from Carers Wales online carersuk.org/wales, by calling the Carers UK Helpline 0808 808 7777 or emailing advice@carersuk.org. You can also contact your local authority Social Services Team.