

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 .	<input type="checkbox"/>
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 .	<input type="checkbox"/>
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 .	<input type="checkbox"/>
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 .	<input type="checkbox"/>
Work		Ask your manager about sick pay or if you are self-employed check Welsh Government guidance at gov.wales/selfemployedsupport .	<input type="checkbox"/>
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.	<input type="checkbox"/>
Non-essential in house services		All non-essential in-house services and repairs should be postponed until your self-isolation period is complete.	<input type="checkbox"/>
Staying in touch		Keep in contact with family and friends over the phone, or by text, email, video calls or social media.	<input type="checkbox"/>
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 .	<input type="checkbox"/>
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.	<input type="checkbox"/>