

Self-isolation Checklist

Any one of us might need to self isolate because we have (or could have) COVID-19. If you have to self-isolate make sure you're prepared



Food deliveries



Help to get online



Prescription medicine



Help with utilities



Financial support



Care of pets



Posting mail



Arrangements to support my wellbeing



Friends/family/colleagues to connect with



Access to support if I feel lonely, anxious or need specific help



Help if you are a carer

If you are in need of support, the Council can help. Call 01422 392890 or visit calderdale.gov.uk/self-isolation