Stay at home: What to do if you or someone in your household has symptoms of coronavirus or has been told they have coronavirus after having a test
Who this guidance is for

It is important that we all do what we can to stop coronavirus spreading to save lives and help the NHS.

This guidance is for people who:

- have symptoms that may be caused by coronavirus, including people waiting for a test

- have had a test that says they have coronavirus, even if they do not have symptoms

- live in the same household as someone who has coronavirus symptoms

- live in the same household as someone who has had a test result that says they have coronavirus

In this guidance a household means:

- one person living alone
Stay at home: Guidance for households with possible or confirmed cases of coronavirus

- a group of people living at the same address who share kitchens, bathrooms, toilets or living areas. They may or may not be part of the same family. This could include students in boarding schools or university.

- a group of people who don’t always live in the same place, for example people who live on Traveller sites, in vehicles (cars and vans) or on canal boats.

If you have been told by NHS Test and Trace that you have been close to someone with coronavirus, but you don’t live with that person, you should follow different guidance instead.

If you have arrived in the UK from abroad, you may need to stay away from other people (self isolate).

This guidance is for people in England.
## Symptoms of coronavirus

The most important symptoms of coronavirus are:

- **a new cough where you keep on coughing.** This means coughing a lot for more than an hour or coughing a lot more than normal 3 times in a day

- **a high temperature** (your back and chest feel hot to touch)

- **losing or a change to your normal sense of smell or taste**

Most people who get coronavirus will only feel a little bit poorly but if you have any of these symptoms stay home and arrange to have a test.

There are lots of other symptoms that are not on the list. They may be symptoms of coronavirus or another illness. If you are worried about symptoms get medical advice.
Even if you have had 1 or 2 coronavirus jabs and have symptoms of coronavirus or a test has shown you have coronavirus, you should still follow this guidance and stay at home.

This is because you can still catch coronavirus and give it to others even if you have had both coronavirus jabs.

### Main messages

Anyone who has coronavirus symptoms, or has been told they have coronavirus after having a test should stay at home and away from other people straightaway.

If you have symptoms you should arrange to have a PCR test as soon as you can. You should do this even if you have had 1 or 2 coronavirus jabs.

If you live in the same household as someone with coronavirus you should stay home and away from others, unless you have had both jabs or are under 18 and a half years old. There is further information about this later in this guidance.

If NHS Test and Trace tell you to stay home and away from others and you do not do what they say, you could be fined. This means you will have to pay money for breaking the rules.
If you are told to stay at home and away from other people by NHS Test and Trace, or if you look after a child who has been told to stay home, you may be able to claim a one off payment of £500 through the NHS Test and Trace Support Payment scheme.

### Tests for coronavirus

<table>
<thead>
<tr>
<th>Tests for coronavirus</th>
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<tbody>
<tr>
<td>There are 2 main types of tests to find out if someone has coronavirus – PCR tests and lateral flow tests.</td>
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</tbody>
</table>

#### PCR tests

These are the most reliable coronavirus tests.

It takes some time to get the results because the samples are sent away to a laboratory.

If you have symptoms of coronavirus, you should [arrange to have a PCR test](#).

People who live in the same household as someone who has coronavirus can also take a PCR test.

#### Lateral flow tests

These are quick and easy to use but are not always as accurate as PCR tests.
Lateral flow tests are good at finding out if people have lots of coronavirus in their body. They are mostly used to test people who do not have any symptoms of coronavirus.

People in England who do not have symptoms can take part in regular testing using lateral flow tests.

Lots of people who work in places like schools or care homes already do this.

Getting tested regularly like this can help stop coronavirus spreading.

<table>
<thead>
<tr>
<th>If you have had one or more coronavirus jabs (vaccines)</th>
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</table>

If you have had a coronavirus vaccine you have less chance of catching coronavirus, and if you do get it you are less likely to be very ill.

There is less chance you will pass coronavirus to others, but it can still happen.
If you have symptoms of coronavirus or a test result has shown that you have coronavirus, you should still follow this guidance and stay home even if you have had 1 or 2 jabs.

If you have been close to someone who has coronavirus and:

- you have had 2 jabs
- or you are under 18 and a half years old

you do not have to stay home and away from others. NHS Test and Trace will tell you if do need to isolate. There is more information on this later in this guidance.

What to do if you have symptoms of coronavirus or a test says you have coronavirus

You should stay at home and away from others straight away if:

- you develop symptoms of coronavirus
- a test shows you have coronavirus, even if you don’t have symptoms
Your household should also stay home too, unless they have had 2 jabs or are aged under 18 and a half. **There is more information about this in this guidance.**

Arrange to have a **PCR test** online or by phone by calling 119 if you have not already had one.

Stay at home while you are waiting for a home test kit, a test site appointment, or a test result.

You can leave your home for certain reasons, but **Do not:**

- go to work, school, shops, or any places outside your home where there might be other people
- use buses, trains, trams, or taxis

See reasons why **you can leave home.**

If you need to leave home to go to a test site, wear a face covering, stay at least 2 metres away from people you don’t live with and go straight home afterwards.
If NHS Test and Trace tell you a test shows you have coronavirus you must stay home for the length of time you are advised to.

**How long do I need to stay at home?**

If you **have symptoms**, your staying at home time starts from the first day you started feeling poorly.

If you **do not have symptoms**, your staying at home time starts from when your test was taken and lasts for the **next 10 full days after this**.

For example, if:

- your first test was taken, or your symptoms **started** any time on the 15\(^{th}\) of the month
- your staying at home time **stops** just before 12 o’clock at night on the 25\(^{th}\)

**NHS Test and Trace**

If NHS Test and Trace get in touch by phone, text or email and ask you to go on the NHS Test and Trace website, you should do this.
You will be asked for information about when your symptoms started.

You should give this information because it will be used to find out who you might have given coronavirus to.

You will be asked about people you have been close to so they can be contacted and given advice.

When they are contacted, they won’t be told who you are.

It’s important you give this information to help protect your friends, family, and the community.

At the end of your staying at home time

You can go back to your normal routine after 10 full days if:

- your symptoms have gone completely, or
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- the only symptoms you have are a cough or change to your normal sense of taste or smell

If you still have a high temperature after 10 days, or you still do not feel right, stay at home and seek medical advice.

If you didn’t have any symptoms, but then you get coronavirus symptoms, you need to start counting again from day 1 and stay at home for 10 full days.

This means that you will need to stay at home for longer than 10 days.

If you get symptoms after your 10 days staying at home time has finished, you and your household should do all the steps in this guidance again.

**What to do while you are staying at home**

Most people with coronavirus will only feel a bit poorly.
If you or someone your household starts to feel worse then get medical advice straight away.

Stay away from other people in your household especially if they might get very poorly from coronavirus.

Try not to use kitchens and other shared spaces when other people are using them.

Try to take meals back to your room to eat.

Wear a face covering or a mask when spending time in shared areas inside your home.

Exercise in your home, garden, or private outdoor space.

Follow the general advice to stop coronavirus spreading in your household.
It might be hard for some people to stay apart from others in their household. For example, if you live with children or care for others do your best to follow the guidance.

There may be extra things that make it harder for people who live on a Traveller site, in a vehicle or on a canal boat to follow this guidance. For example, it might be harder to get water or use a bathroom.

You should do the best you can to stop coronavirus spreading, in the space you and your household have available.

There is more information on support and other advice later in this guidance.

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**If you got a PCR test because you had symptoms and the test says you do not have coronavirus**

If you had symptoms and got a test, but the test says that you do not have coronavirus, you do not need to stay at home.

Anyone in your household who has been staying home because of your symptoms can also stop staying home.
If you still have symptoms, you may have another virus like cold or flu or a stomach bug.

Stay at home until you feel better and for at least 2 more days if you have had an upset stomach.

If you are worried about your symptoms get medical advice.

If someone else in your household has a test that says they have coronavirus, or if you have been told by NHS Test and Trace that you must stay home, you still need to stay at home.

**Testing after your stay at home time has ended**

If you have had coronavirus, you will probably have less chance of catching the virus again. This is called developing immunity.

Scientists do not know if everyone will develop immunity or how long it will last.
There is a chance that a PCR test will say you have coronavirus for a while after you were infected.

Anyone who has been told they have coronavirus after having a PCR test should not get tested again for **90 days** after they had their test, unless they develop new symptoms.

If you do have a lateral flow test, and it says you have coronavirus, you and the people you live with should stay home and follow the steps in this guidance again.

If more than 90 days has gone past since a PCR test said you had coronavirus, and you have new symptoms, or a PCR test or lateral flow test says you have coronavirus, follow the steps in this guidance again.

**Getting regular tests even if you do not have symptoms (asymptomatic testing)**

People in England who do not have coronavirus symptoms can get tested regularly for coronavirus with a lateral flow test.
This is called **asymptomatic testing**. It can help find people who might have coronavirus but do not feel poorly.

This means they won’t spread it to other people without knowing.

Regular lateral flow tests work best if they are taken twice a week.

**More information on ordering lateral flow tests is available.**

If a **lateral flow** test says you have coronavirus stay home and follow this guidance.

You should also ask for a follow-up **PCR** test.

### Assisted and home lateral flow tests

Lateral flow tests can be taken in 2 ways.

An **assisted test** is when the person takes the test themselves supervised by someone who has had training.
The supervisor checks the test and reports the result.

A *home* (self-reported) test is where a person takes the test themselves and reads and reports their own result.

If you have any symptoms of coronavirus, you should ask for a PCR test.

### If your assisted lateral flow test says you have coronavirus

If your lateral flow test was an assisted test, and the test says you have coronavirus, stay home straight away.

If you do not, you can be fined. This means you will have to pay money because you broke the rules.

You might be able to get a one off payment of £500 through the [NHS Test and Trace Support Payment scheme](https://www.gov.uk/government/publications/nhs-test-and-trace-support-payment) if you are have to stay home.

You should also take a follow-up [PCR test](https://www.gov.uk/government/publications/coronavirus-lateral-flow-test) as soon as possible.
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This must be in the next 2 days after the lateral flow test said you have coronavirus.

While you are waiting for the follow up result you and your household should follow this guidance.

If your follow-up PCR test says that you do not have coronavirus, you and your household will be told by NHS Test and Trace that you can stop staying home.

However, you and your household must continue to self-isolate if:

- the follow-up PCR test result is positive
- you choose not to take a follow-up PCR test
- your follow-up PCR test was taken more than 2 days after the positive lateral flow test result

It is important to book your follow-up PCR test as soon as you can.
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### If your home (self-reported) lateral flow test says you have coronavirus

<table>
<thead>
<tr>
<th>![Hand holding test tube and phone]</th>
<th>![Guidance sign]</th>
<th>If your home lateral flow test says you have coronavirus, stay home straight away and follow all this guidance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Person sitting on couch]</td>
<td></td>
<td>Arrange to have a follow up PCR test as soon as possible.</td>
</tr>
<tr>
<td>![Person wearing a face mask]</td>
<td></td>
<td>If the follow-up test says you do not have coronavirus, you and your household can stop staying at home.</td>
</tr>
</tbody>
</table>

### If you live in the same household as someone with coronavirus

<table>
<thead>
<tr>
<th>![Household with people in it]</th>
<th></th>
<th>Stay home and away from others.</th>
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</thead>
<tbody>
<tr>
<td>![X mark next to person going to work]</td>
<td>Do not:</td>
<td>Do not: go to work, school, shops, or any places outside your home.</td>
</tr>
<tr>
<td>![X mark next to person using a bus]</td>
<td></td>
<td>Use buses, trains, trams, or taxis.</td>
</tr>
</tbody>
</table>
Your staying home time includes the day the first person in your household **symptoms** started (or the day their test was taken if they did not have symptoms) and the next 10 full days.

For example, if your 10 day staying home time starts on the 15th of the month, it will end just before 12 o’clock on the 25th and you can go back to your normal routine.

If you have had 2 jabs or are under 18 and a half years old, you will not need to stay home and away from others if you live in the same household as someone who has coronavirus. See the section below for more information.

If you have only had 1 coronavirus jab you will still have to stay home and away from others.

If you are asked to self-isolate by **NHS Test and Trace**, you might be able to get a payment of £500 from your council under the **Test and Trace Support Payment scheme**.

If you are the parent or guardian of a child who has been told to stay home, you may be able to get this payment too.
If you do not stay home after NHS Test and Trace have been in touch with you, you could get fined up to a £1000. This means you will have to pay money because you broke the rules.

Parents and guardians must make sure that anyone under 18 stays home if a test says they have coronavirus and are told to stay at home by NHS Test and Trace.

### Household contacts who do not need to stay home and away from others

You do not have to stay home and away from others if you live in the same household as someone with coronavirus if you can say yes to any of these things:

- you are fully vaccinated (have had 2 coronavirus jabs)
- you are under 18 years and 6 months old
- you have been on or are taking part in a coronavirus jab trial
- you can’t have the coronavirus jab because you’ve be told not to by a doctor or other health professional
Fully vaccinated means you have received your jabs in the UK and it has been 2 weeks or more since you had your second jab.

NHS Test and Trace will get in touch to tell you if you have been close to someone who has coronavirus and check whether you need to stay home.

If you do not need to stay home, NHS Test and Trace will give you advice on testing and guidance about how to stop coronavirus spreading.

You should arrange to have a PCR test as soon as you can, even if you don’t have symptoms.

Do not arrange to have a PCR test if you have had one in the last 90 days that said you have coronavirus, unless you have new symptoms.

Even if you have had 2 jabs you can still have coronavirus and give it to others.

If you are told you have been close to someone who has coronavirus, but you don’t need to stay home and away from others you can help look after others by following the guidance on staying safe and stopping the spread.
As well as getting a PCR test think about:

- limiting the amount of time you spend with people you don’t live with, especially indoors

- wearing a face covering in indoor spaces where it is hard to keep a safe distance from others

- limiting the amount of time you spend with people who might get very poorly from coronavirus

- taking regular lateral flow tests

Follow this advice while the person in your household who has coronavirus is staying home and away from other people.

If you work in health or social care and are told you have been close to someone who has coronavirus but you don’t have to stay home, there is different guidance you should follow.

Children and young people aged under 18 and a half should keep going to their usual childcare or school or college.
They don’t have to wear a face covering but it is recommended that they do when travelling on public transport or school buses.

If you get symptoms at any time, even if you only feel a little bit poorly, stay home straight away and follow the guidance for people who have coronavirus symptoms.

**PCR tests if you are staying home because someone else in your household has coronavirus**

If someone else in your household has had a test that says they have coronavirus, you can have a PCR test, even if you don’t feel poorly. This is because you have a higher chance of catching coronavirus.

This will help NHS Test and Trace get in touch with people who might have caught coronavirus from you.

They can then stay home and not risk making other people poorly.

Arrange to have this test as soon as you can in your 10 day staying home time.

You can order a kit to do the test at home or book an appointment at a test site.
Only go to a test site if you cannot use the home test kit. If you do go, stay 2 metres away from other people and go home straight away.

If you order a home test kit you should use and return it within 2 days of getting it.

If your test says you don’t have coronavirus, you should still stay home and away from other people, unless you have one of the reasons for not staying at home listed above.

You should still stay at home because you could still get coronavirus could pass it on to other people.

If your test says you have coronavirus, follow the advice for people with coronavirus and stay at home for another 10 full days. This means that your total staying home time will be longer than 10 days.

If you have had a PCR test that says you have coronavirus in the last 90 days, don’t have another PCR test unless you develop new symptoms.
### Lateral flow tests while you are staying home because you live with someone who has coronavirus

<table>
<thead>
<tr>
<th><img src="image1.png" alt="Image" /></th>
<th>If you have been taking regular tests to see if you have coronavirus, you can still do this but must take the tests at home.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image2.png" alt="Image" /></td>
<td>Do not leave your house during your stay at home time to take the test at a place where they carry out assisted tests.</td>
</tr>
<tr>
<td><img src="image3.png" alt="Image" /></td>
<td>If your lateral flow test says you don’t have coronavirus, you should stay at home because you could still get coronavirus in the 10 day stay at home period and pass it to others.</td>
</tr>
<tr>
<td><img src="image4.png" alt="Image" /></td>
<td>If your lateral flow test says you have coronavirus, you should arrange to have a follow-up PCR test as soon as possible.</td>
</tr>
</tbody>
</table>

### If you develop symptoms while you are staying home because you live with someone who has coronavirus

| ![Image](image5.png) | If you develop symptoms while you are staying at home, you should arrange to have a COVID-19 PCR test. |
If your test says you have coronavirus, follow the advice for people with coronavirus to stay at home and start another full 10 day staying at home time.

This will start from when your symptoms first started. This means your total staying home time will be longer than 10 days.

If other people in your household develop symptoms during this time you do not need to stay at home for longer than 10 days.

**Visitors to your house**

**Do not** invite or let people to come into your home who do not need to be there, including friends and family.

If you want to speak to someone who does not live in your house, use the phone, email, or social media.

If you or someone you live with receive essential support in your home, carers should continue to visit and follow the provision of home care guidance to stop the virus spreading.
Unless it is to do an urgent job, visits from people doing work on your house should be delayed until your household has stopped staying home and away from others.

Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.

How coronavirus spreads

Coronavirus spreads from one person to another either through the air, or when people touch things that someone with coronavirus has touched or coughed or sneezed on.

Coronavirus spreads the most:

- when people are close to each other
- in indoor places that have no fresh air
- when people spend time in the same room
The most important ways of stopping the virus spreading are:

- keeping your distance
- washing your hands
- catching sneezes and coughs in tissues
- cleaning surfaces
- letting fresh air into rooms

People who have coronavirus can pass it on for up to about 2 days before they feel poorly and for up to 10 days after. They can pass the virus to others even if they have no symptoms.
People who live in the same household as someone with coronavirus are at higher risk of catching the virus themselves and spreading the disease to others.

### How to stay away from other people in your house if you have coronavirus

<table>
<thead>
<tr>
<th>Stay out of shared spaces like kitchens, bathrooms and sitting areas as much as you can, especially if other people are in them.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take your meals back to your room to eat. Ask the people you live with to help by bringing your meals to your door.</td>
</tr>
<tr>
<td>Be strict about staying 2 metres away from other people.</td>
</tr>
<tr>
<td>Use a separate bathroom if you can. If you cannot do this, try to use the bathroom last.</td>
</tr>
<tr>
<td>Clean the bathroom after you use it.</td>
</tr>
<tr>
<td><strong>How to stop the virus spreading</strong></td>
</tr>
<tr>
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<tr>
<td><strong>Use different towels to other people.</strong></td>
</tr>
<tr>
<td><strong>Let fresh air in by opening a window to the outside.</strong></td>
</tr>
<tr>
<td><strong>Use a face covering or a mask when spending time in shared areas inside your home.</strong></td>
</tr>
<tr>
<td><strong>People who might get very poorly from coronavirus</strong> should be helped to stay apart from people who live in their house, even if the other people do not have coronavirus symptoms.</td>
</tr>
<tr>
<td><strong>GermDefence</strong> is a website that can help you find ways to keep yourself and others in your household safe from coronavirus.</td>
</tr>
<tr>
<td>It has advice from scientists that has been proven to reduce the risk from coronavirus and other viruses in your home.</td>
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</tbody>
</table>
GermDefence is easy to use and only takes 10 minutes to make a plan on how to protect yourself. GermDefence is available in different languages.

Everyone should also do the following things to stop the virus spreading.

**Wash your hands**

Wash your hands for 20 seconds using soap and water or use a hand sanitiser (gel).

This is especially important:

- after coughing, sneezing, or blowing your nose
- before you eat or handle food

Wash your hands often and try not to touch your face.

**Cover coughs and sneezes**

Cover your mouth and nose with disposable tissues when you cough or sneeze.
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Put dirty tissues into a rubbish bag and wash your hands straight away.

If you have a carer, they should use disposable tissues to wipe your face after you have sneezed or coughed and then wash their hands.

**Clean your home**

Use your usual cleaning products to clean things that people touch a lot, like door handles and remote controls.

Clean shared spaces like bathrooms and kitchens often as well.

Put dirty cloths, tissues, and disposable face coverings in a bag you can throw away.

Wait at least 3 days before putting this bag out with your usual rubbish.
Use a dishwasher or if this is not possible, wash dishes well using washing up liquid and warm water and dry them using a clean tea towel.

**Laundry**

Wash dirty clothes as usual but do not shake them before you put them in the basket or the washing machine.

If you do not have a washing machine wait for 3 days before you take dirty clothes to a public laundrette.

Do not share towels with other people. This includes hand towels and tea towels.

**Fresh air (ventilation)**

It is important to let fresh air in by opening windows and doors.

Run the extractor fan in your bathroom for longer than usual with the door shut.

**There is more information available about letting fresh air into your house.**
## Looking after pets

In this country coronavirus is spread between people.

Pets are unlikely to catch coronavirus, but it is best not to touch them too much if you have the virus. Sometimes this is hard so wash your hands a lot before and after touching your pet.

## Looking after your feelings

Staying at home and away from others can be frustrating and lonely for some.

You and your other household members might feel low. It can be even harder if you don’t have much space or no garden.

Remember to take care of your mind as well as your body. Get support if you need it.

*Every Mind Matters* gives tips and advice to take better care of yourself, including advice for those staying at home because of coronavirus.

Remember that by staying at home you are helping to keep other people safe.
## Things you can do to make staying at home easier

<table>
<thead>
<tr>
<th></th>
<th>Keep in touch with friends and family over the phone or through social media.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Remember that doing physical exercise can be good for you. If you go on the internet there are online classes that can help you do exercise in your home.</td>
</tr>
<tr>
<td></td>
<td>Plan and think about what you will for the full staying home time. Some people find it helps to plan for the full 10 days. You might find it helps to plan what to do if someone starts feeling much worse.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Ask your boss, friends, and family for help to get the things you will need while staying at home.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Ask friends and family to drop off things you will need. They will not be able to come into the house but can bring things that you need to your door for you.</td>
</tr>
<tr>
<td></td>
<td>Think about things you can do on your own during your time at home such as games, cooking, reading, online learning and watching films.</td>
</tr>
</tbody>
</table>
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| ![Image](https://via.placeholder.com/150) | If you need help for an emergency to do with your mind or your body, get help straight away. |
| ![Image](https://via.placeholder.com/150) | Even during the coronavirus pandemic help is available for children and adults 24 hours a day. |
| ![Image](https://via.placeholder.com/150) | There is a new service where you can search a website for your local NHS helpline with the name of the town where you are living or your postcode. |

### What to do if you need medical advice

| ![Image](https://via.placeholder.com/150) | Health and care services are still open to help people with all health conditions, including coronavirus. |
| ![Image](https://via.placeholder.com/150) | Most people with coronavirus will only get a bit poorly and will be able to look after themselves at home. Find out more about managing the symptoms of coronavirus at home. |
| ![Image](https://via.placeholder.com/150) | If you had any doctors or dentists appointments planned from before you had to stay at home, do not go to them. Get in touch to explain why. |
| ![Image](https://via.placeholder.com/150) | If you start to feel worse then do not ignore it. You can contact the NHS 111 online coronavirus service or phone NHS 111 for other health problems. If you do not have internet, phone NHS 111. |
If you feel much worse and are worried that it is an emergency dial 999 for an ambulance.

If someone in your house has coronavirus or symptoms of coronavirus tell that to the person who answers the phone.

Getting help with money and other support

Staying home and away from other people is the most important way to help stop coronavirus spreading.

This is the only way to make sure you do not give the virus to someone else and make them poorly if:

- you have coronavirus symptoms
- have been told you have coronavirus after having a test
- have been told you have been close to someone who has coronavirus
This is why if you are told to stay home and away from others you **must** do this straight away.

Find out what help you can get if you are affected by coronavirus.

If you can, ask your friends and family for help to get the things you need while staying at home.

If you do not have others to help you, there might be charities or community groups who can help.

Local shops and markets might offer a delivery service (by phone or by email).

The NHS Volunteer Responders programme is still available to help support those who need it. Volunteers can collect and deliver shopping, medicine, and other things you need.
They can also provide a regular friendly phone call.

If you want help from volunteer responders, you can arrange it by calling 0808 196 3646 between 8am and 8pm, 7 days a week.

You can also get more information online from [NHS Volunteer Responders](https://www.nhs.org.uk).

If you have a job and cannot go to work because of coronavirus, [find out what help you can get from the Department of Work and Pensions](https://www.gov.uk/work-and-pensions).

You might be able to get a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](https://www.gov.uk/test-and-trace-support-payment) if you told to stay at home because of coronavirus.

You can apply online or through the [NHS COVID-19 app](https://www.nhsx.nhs.uk/coronavirus-app/).
Stay at home: Guidance for households with possible or confirmed cases of coronavirus

You will have to be able to say yes to everything on this list:

- Do you live in England?
- Have you been asked to stay home by NHS Test and Trace?
- Do you normally have a paid job or work for yourself?
- Will you not get paid because you cannot work from home?

You also must be claiming one or more of these benefits:

- Universal Credit
- Working Tax Credits
- income-related Employment and Support Allowance
- income-based Jobseeker’s Allowance
- Income Support
- Pension Credit or Housing Benefit.

Look on your local council’s website for information.
## Extra help for people who travel and might not always live in one place

<table>
<thead>
<tr>
<th>People who live on a Traveller site, in a vehicle or on a canal boat may need extra help.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let your site manager or local Gypsy and Traveller team know if you need extra help.</td>
</tr>
<tr>
<td>If you are living on a river or canal, find out what advice is being given by the organisation who manages the waterway you live on, as this might be different for each one.</td>
</tr>
<tr>
<td>Try to communicate by phone as much as possible to stop coronavirus spreading when people meet up.</td>
</tr>
<tr>
<td>If you do not have access to water, somewhere to wash or a toilet ask your local council for help. They may be able to help or find somewhere else for you to stop.</td>
</tr>
</tbody>
</table>
The laws that stop people making camps without permissions or developing sites without permission remain in place.

You should keep getting rid of rubbish legally.

Guidance for local authorities on re-opening or keeping household waste and recycling centres open is available.

If you need more advice, contact your local council.

If you are stopping or cruising in the country or far away from other people make sure you know where you are if you moor or pull up, especially if you are feeling unwell.

You can also use the what3words app if there is a medical emergency and you need services to come to you.
Breastfeeding

Breastfeeding is the best way of feeding your baby.

Scientists have found no proof that coronavirus is spread through breast milk.

If you are worried about breast feeding because of coronavirus, talk to your doctor or health visitor or midwife on the phone.

Babies can catch coronavirus the same as everyone else, but children do not get as poorly as adults.

If you are bottle feeding your baby do not share bottles with anyone else and sterilise everything you use carefully.
## People with learning disabilities, autistic people, and people with mental ill health

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</table>

It might be harder for some people to follow this guidance.

Do your best to follow this guidance while keeping yourself and people close to you stay safe and well.

If you have a care plan you should follow that too.

The pictures in this summary are from Photosymbols: [https://www.photosymbols.com/](https://www.photosymbols.com/)  
[https://www.nhs.uk/start4life/baby/breastfeeding/](https://www.nhs.uk/start4life/baby/breastfeeding/)  