

# PLAY YOUR PART

## IMPORTANT INFORMATION about how you can stop the spread of coronavirus

Thank you for all you are doing to help reduce the spread and impact of coronavirus in Hertfordshire.

Sadly, coronavirus remains a serious issue and a real threat to the health and wellbeing of our residents.

We all need to act now. The single most important thing that you can do to help beat this virus is to follow the rules.

If you are asked to self-isolate, you must do it. We know that lots of people don't. If you don't, you are putting people's lives at risk, including your own family and friends, you are breaking the law, and could be fined.

We know it's hard right now, and the rules around self-isolation can make life even more difficult. There is support to help you and your family through this, but please do stick to the rules as this is genuinely a matter of life and death.

Our actions now will determine how quickly we can get back to the lives we enjoyed before the pandemic and rebuild our communities.

David Williams,  
Leader of the Council

For more information visit  
[www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)



## Your guide to self-isolation

**Self-isolation means that you must not leave your home except in an emergency.**

You can be asked to self-isolate by Test and Trace, a nursery, school, college, university, workplace or by any health professional – even if you have no symptoms, you must follow these rules:

## Do not

- x visit family or friends
- x go to any shops or supermarkets - instead order food online or ask for help
- x go outside to exercise or walk your dog
- x go to work, university, college or school - instead work or study from home if you can
- x use public transport, taxis or share a car
- x attend parties or other events, even if these are outside

## When should I self-isolate and how long for?

If you develop symptoms	<b>10 days</b> from start of symptoms
If you test positive	<b>10 days</b> from start of symptoms or test day if none
If you are told you've been in close contact with someone who has tested positive	<b>14 days</b> from last contact with the positive case
If you have been contacted by the Test and Trace service	<b>14 days</b> from last contact with positive case
If you live in a household where others (including children) develop symptoms or they have tested positive	<b>14 days</b> from when they developed symptoms or test day if none
If you have been sent home and told to self-isolate as part of a bubble. Other household members do not need to self-isolate unless someone in the household develops symptoms or tests positive	<b>14 days</b> from last contact with positive case

## Symptoms and when to get tested

The main symptoms of coronavirus are:

**A high temperature**

**A new, continuous cough**

**A loss or change to sense of smell or taste**

If you or anyone in your household develops symptoms, arrange for a coronavirus test. This can be done online at: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by calling **119**

If you are not sure if symptoms could be coronavirus, consult the online NHS symptom checker: [www.nhs.uk/conditions/coronavirus-covid-19/symptoms](http://www.nhs.uk/conditions/coronavirus-covid-19/symptoms)

## Incubation timeline

It can take up to 14 days to develop symptoms after exposure - this is known as the incubation period.



### DAY 0

Hannah was exposed to coronavirus.

### DAY 5

Hannah got tested and was negative.

### DAY 7

Thinking she didn't have coronavirus, Hannah attended school, and was in close contact with 17 people.

### DAY 9

Hannah developed symptoms and tested positive. She was contagious for 48 hours before her symptoms started, and exposed 17 people to coronavirus. These 17 people now all need to self-isolate for 14 days.



**This is why it's so important to self-isolate for the allocated time and to only book a test if you develop symptoms.**



## How to get support if you're affected by coronavirus

### You can get help with the following:

- accessing food, household essentials and medication
- financial support and advice
- services that can support you if you are feeling lonely or down
- ways to improve your health and wellbeing

Help and advice is available for anyone who needs it in Hertfordshire; people and families, in need of support, please contact HertsHelp.

Visit [www.hertshelp.net](http://www.hertshelp.net)  
email [info@hertshelp.net](mailto:info@hertshelp.net)  
or call **0300 123 4044**



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