

Script 2

What does Isolation mean and what do I have to do?

Hello - This video has been produced by Kirklees Council's Migration and Resettlement Team.

This video will tell you about Isolation also called Self-Isolation.

Isolation is when you do not leave your home because you have tested positive for COVID-19 or you might have coronavirus (COVID-19). This helps stop the virus spreading to other people.

Self-isolation is different to:

social distancing – general advice for everyone to avoid close contact with other people

shielding – advice for people at high risk from coronavirus

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. You could be fined if you do not self-isolate.

Covid-19 Community Response freephone helpline

You can call free to let us know what you need help with, or to tell us how you can help others. 0800 4561114 (24 hours a day, 7 days a week).