



SUPPORT FOR ISOLATING



You can get sick pay if

- You are self-isolating because you, someone you live with or someone in your support bubble has coronavirus symptoms or has tested positive for coronavirus
- You have been notified by the NHS or public health authorities that you've been in contact with someone with coronavirus
- You have been advised by a doctor or healthcare professional to self-isolate before going into hospital for surgery
- You have been advised by the NHS or your doctor to stay home because you're at very high risk of severe illness from coronavirus



You can apply for a £500 grant to support self-isolation if all of these apply to you:

- You have been contacted by NHS Test and Trace because you received a positive test result or have been in close contact with someone who received a positive test.
- You are currently receiving Universal Credit, Working Tax Credit, income-based Employment and Support Allowance, income-based Jobseeker's Allowance, Income Support, Housing Benefit and/or Pension Credit
- You are employed or self-employed
- You are unable to work from home and will lose income as a result

For more information, visit:

www.newham.gov.uk/CovidSupportPayment



Getting food and support

- For help with online shopping or other support, contact the COVID-19 Helpline on **020 7473 9711** (1-7pm, 7 days a week) or email covidhelp@community-links.org
- Friends and family can support people who are isolating. They shouldn't come inside your home.
- If financial issues means you are not able to get food please go to www.newham.gov.uk/newhamfoodalliance
- For a friendly conversation and listening ear, contact Chat Newham for free **0808 196 3510** 10am-4pm weekdays