

BE PREPARED TO SELF-ISOLATE

You might not get much notice that you need to self-isolate. Plan ahead and make sure you already have essential items at home, such as:

Self-isolation checklist

- Some long-life food supplies, such as rice, pasta, tinned food, long-life milk, frozen meals
- A stock of day-to-day essentials like soap, toothpaste, pet food, nappies, baby formula
- Essential medicines and medical supplies that you rely on or might need if you start to feel unwell like prescriptions, painkillers, a thermometer, contraception
- Contact details for friends, family, your workplace and local support services who can help you with supplies while you're self-isolating
- Activities and a few treats to help keep you entertained and comfortable while you're self-isolating

HELP