













## Welfare Checklist



**Are you ready to self-isolate?  
Check you have everything you need:**

	<b>Isolation</b>	Check you understand how long to isolate for. Check <a href="https://www.gov.uk/coronavirus">gov.uk/coronavirus</a> for the latest information.	<input type="checkbox"/>
	<b>Food and essentials</b>	Check you have enough food and essentials. Ask friends and family to help.	<input type="checkbox"/>
	<b>Money</b>	Check you have money to buy what you need. Check you can pay your rent and bills. If not, call the companies and explain your situation.	<input type="checkbox"/>
	<b>Work</b>	Ask your boss about sick pay. If you need an isolation note visit: <a href="https://111.nhs.uk/isolation-note">111.nhs.uk/isolation-note</a>	<input type="checkbox"/>
	<b>Children</b>	Contact the school to arrange for free school meals to be delivered home, and ask for school work.	<input type="checkbox"/>
	<b>Dependents</b>	Ask friends or family to provide care for dependents. Call Newcastle Carers 0191 275 5060 for advice (Monday- Friday 9am – 5pm)	<input type="checkbox"/>
	<b>Mental Health</b>	Be mindful of your mental health. Create a routine, keep busy, stay active, and speak to friends. Ask for help if you need it.	<input type="checkbox"/>
	<b>Physical Health</b>	Think about how you can keep fit indoors. Change the dates of routine appointments.	<input type="checkbox"/>
	<b>Medication</b>	Contact your GP or pharmacy to arrange for your prescription to be delivered or ask someone to collect it for you.	<input type="checkbox"/>
	<b>Animals</b>	Check you have enough pet food and supplies. If required, ask someone else to care for your animal(s) while you are isolating.	<input type="checkbox"/>