

Dear Town and Parish Council

We are providing details of an online resource pack Cheshire West and Chester Council has made available to help anyone who has to self-isolate for 10 days to help prevent the spread of COVID-19.

This includes information about who should self-isolate, how to self-isolate and how to look after any symptoms at home.

There are also sections about how people can get financial help to tide them over the self-isolation period, how to get essential shopping, where to get support with wellbeing and even tips on how to cope with boredom.

I would be grateful if you could share this link with your networks to help anyone who may need to self-isolate.

- [Self-isolation support and inspiration pack](#)

The Council will be sharing regular tips on social media to inspire self-isolators. Residents are invited to share their ideas and experience, either by posting on social media and tagging @Go\_CheshireWest and using the hashtag #InspiringCW, or by visiting: [www.cheshirewestandchester.gov.uk/inspire-cheshirewest](http://www.cheshirewestandchester.gov.uk/inspire-cheshirewest) and adding your ideas in the **how are you making the most of staying at home** section.

Anyone who needs support but does not have online access can call the Council's helpline: 0300 123 7031.