

# Help stop the spread of COVID-19 in Edinburgh



## Self-isolate to reduce the spread to others

Please self-isolate if you test positive for COVID-19 or you are advised to by Test and Protect.

If you do need to self-isolate, there's support available from the **City of Edinburgh Council**:

- Call **0131 200 2306** or email [edinburghvulnerable@edinburgh.gov.uk](mailto:edinburghvulnerable@edinburgh.gov.uk) (for emergency support out of hours call **0131 200 2000**)
- They also offer [help with deliveries](#) (food and pharmacy)
- You can apply for a [Self-Isolation Support Grant](#) or call **0131 469 2922** (only when applications cannot be made online)

The **Scottish Government** is providing a grant of **£500** to people who are in receipt of low income benefits and who will lose income as a result of having to self-isolate.

Eligibility criteria must be met including:

- Advised by Test and Protect to self-isolate
- Be employed or self-employed
- Be 16 years old or over
- Experience reduced earnings as a result of self-isolation
- Not able to work from home
- On a low income and in receipt of one of the following benefits:
  - Universal Credit, Income Support, Income Related Job Seekers Allowance, Income Related Employment Support Allowance, Housing Benefit, Working Tax Credits, Pension Credit, Council Tax Reduction, or earns less than the Real Living Wage.

### Other Support

- If you are self-isolating under any other circumstances and are struggling financially then you can [apply for a Crisis Grant](#) (make sure to check eligibility).
- If you cannot access online support then call the National Assistance Helpline on **0800 111 4000**
- Volunteer Edinburgh can help with tasks such as shopping and dog walking
  - **0131 225 0630** or email [taskforce@volunteeredinburgh.org.uk](mailto:taskforce@volunteeredinburgh.org.uk)
- If you're being affected by domestic abuse call **0800 027 1234**, visit the [SDAFMH website](#) or one of the [Council Resilience Centres](#)

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