



April 2020

## Wellbeing and Welfare Pack COVID-19

Lakes District Health Board acknowledges that this may be an alarming and potentially worrying time for you.

We need to obtain a sample for you to test for COVID-19. This may involve taking two types of swab; one from your mouth and one into your nose. This procedure may be a bit uncomfortable but will take less than one minute.

Once the swabs are obtained they will be sent away to a laboratory for testing and your results will be returned within five days. During this time you are to follow self-isolation guidelines and maintain social distancing. You will be contacted with your results as soon as they are available.

You have been given several items of information within this pack that cover frequently asked questions and how to safely self-isolate. There is also information relating to your wellbeing and welfare during this time including a local contacts sheet. Please take the five minutes to complete your wellbeing planner, make sure you have regular contact via phones and technology with support people, remember you can go for walks and enjoy the fresh air as long as you maintain the recommended self-isolation procedures.

If you have further queries please contact Healthline COVID-19 **0800 358 5453**

Lakes District Health Board

**Please remain in isolation until you have been contacted regarding your test results.**

Please refer to the guidelines within your pack for further information about test outcomes.