

Positive help if you've tested positive (or are a close contact of someone who has)



Need to self-isolate? We can help you! If you've been told to self-isolate, you're not alone.

Help is available to everyone across Cambridgeshire who has been asked to do this to break the chain of infection – and stopping its spread to our most vulnerable people.

This includes financial help, emotional help or practical support to do day-to-day things.

What **support** can you receive?



The Government's Test and Trace Support Payment Scheme is run by each of the district and city councils across Cambridgeshire and entitles people who meet certain criteria to **a one-off payment of £500 if they lose income because they can't work**. This payment can be made available on multiple occasions if you are a close contact of people who test positive a second or even third time.



If you aren't eligible for the government support, don't worry – there's a local discretionary fund which can **give you financial support so you can pay your essential bills**.



There is also a network of support hubs run by the district and city councils which can **support you with food shopping, collecting medicine, dog walking, befriending services and in many other ways**.



Please get in touch if there are barriers preventing you from self-isolating, as we can help you to remove them.

There really is no reason not to self-isolate.

Details of all the support available can be found on your local council's website or at www.cambridgeshire.gov.uk



You can also contact your local support hub via your local council or by calling **0345 045 5219.**