



Financial support when self-isolating



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If you are unable to work while you are self-isolating because you cannot work from home or you are the parent or guardian of a child who has been asked to self isolate, you may be entitled to a Test and Trace Support payment. If you are eligible you will receive one payment of £500.

[Apply for a Test and Trace Support Payment](#)



Please note:

You need to provide all the information with the form when you submit it as you will not be able to resubmit. If you do need to provide us with more information to support your application, please scan/ photograph it and send it to

selfisolationpayments@hertsmere.gov.uk

Financial support for people who have been asked to self isolate

To be eligible for the Test and Trace Support Payment, you must:

- have been asked to self-isolate by NHS Test and Trace either because they've tested positive for coronavirus or have recently been in close contact with someone who has tested positive
- not be exempt from self isolation (details of exemptions can be found below)
- be employed or self-employed
- be unable to work from home and will lose income as a result
- be currently receiving:
 - Universal Credit
 - Working Tax Credit
 - Income-based Employment and Support Allowance
 - Income-based Jobseeker's Allowance
 - Income Support
 - Housing Benefit
 - Pension Credit
- be making your application during your period of self-isolation, or no more than 42 days after the first day of your period of self-isolation

Exemptions from self-isolation

Self-isolating

If you have been identified by NHS Test and Trace as testing positive for COVID-19, or as a close contact, you must self-isolate. If you don't, you can be fined £1,000 and up to £10,000 for multiple breaches.

You are not required to self-isolate from 16 August if you are notified you have had **close contact** with someone with COVID-19 and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years and 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

You are fully vaccinated 14 days after your final dose of an MHRA-approved vaccine that was administered in the United Kingdom. This is to allow for an antibody response to develop. If you were fully vaccinated at the time you had close contact with a positive case, you will not be required to self-isolate.

If you're the parent or guardian of a child who's been told to self-isolate

A parent or guardian may be eligible for support via the Test and Trace Support Payment scheme if they live in England and meet the following criteria (even if they exempt from self-isolation from 16 August)

- they are the parent or guardian of a young person in the same household who is self-isolating and need to take time off work to care for them
- they are unable to work from home and will lose income
- the young person is:
 - aged 15 or under and has been told to stay at home and self-isolate by NHS Test and Trace because they have **tested positive for COVID-19**; or
 - aged 25 or under with an Education, Health and Care (EHC) Plan and been told to stay at home and self-isolate by NHS Test and Trace because they have **tested positive for COVID-19**; or
 - aged 25 and under, is not exempt from self-isolation from 16 August, has an EHC Plan and has been notified as a **close contact of someone with COVID-19** (by NHS Test and Trace or the NHS COVID-19 app)
- the young person normally attends an education or care setting; and
- the parent or guardian meets all the other criteria for a Test and Trace Support Payment or a discretionary payment.

Discretionary payment

If you fulfil all the criteria but you do not receive a qualifying benefit (as per the list above), you may still be eligible under our discretionary scheme. Please check [our policy](#) before making an application.

The scheme began on 28 September 2020 when it became illegal to not self isolate if you have tested positive for coronavirus or been

You can find out more in our [privacy notice for the self-isolation payment scheme.](#)

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