

COVID-19

Self Isolation Support Grant

Q: What is the Self Isolation Support Grant?

A: If you're on a low income and Test and Protect tell you to self-isolate you may be able to get a **£500 Self Isolation Support Grant**.

If you're employed, you'll pay tax on the payment if you go over your tax-free personal allowance and your tax code will change.

You won't pay National Insurance contributions on the payment.

If you're self-employed you must report the payment on your Self Assessment tax return.

Q: Can I get the grant?

A: There are 3 things that **must** apply to you which could mean you are eligible for the grant:

1. **You must be told by Test and Protect to self-isolate, or:**

- You are the parent or carer of a child under 16 who has been told to self-isolate.
- You are caring for someone over 16 who has been told to self-isolate.

2. **You are employed or self-employed and will lose income** because you cannot work from home.

3. You are on a **low income** or getting one of these benefits **as a worker**.

- Universal Credit
- Working Tax Credit
- Income-based Employment and Support Allowance
- Income-based Jobseeker's Allowance
- Income Support
- Housing Benefit
- Pension Credit
- Council Tax Reduction

Q: How do I apply?

A: You can only apply **directly through your local council**. You have 28 days from the day you are told to self-isolate to apply. The Council will check if you are eligible and ask you to provide evidence before making a decision.

If you are unsure who to contact or have any questions about the Self-Isolation Support Grant, you can call **MECOPP's COVID-19 Advice Line Service** on:

Phone: 07931 555 419
e-mail: liz@mecopp.org.uk