



## Self Isolation for people living alone.



To **keep** as many **people well** as **possible** we need people to:



If **you** have:  
A **high temperature.**  
A **new cough**



**You must:**  
**Stay at home** for **1 week** if you live alone.  
If you are **still ill** after a **week** you must **stay at home.**



**Staying at home** means:



**Do not go to work.**



Do **not** go to **school** or **college**.



Do **not** use any **transport**



Do **not** have any **visitors** such as **friends** and **family** in your home.



Do **not** go out **shopping**.



If you **need** **food** or **medicine** **phone** someone and **ask** them to **leave** **iby** your **door**.



You **can** go in your **garden**.





You **can go** for a **1 walk** a day but **stay several steps** away from other people.



If you feel **unwell** you **can** take **paracetamol**.



If you **feel worse** go to **111.co.uk** on your computer or tablet  
Or  
**call 111**