



## 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.

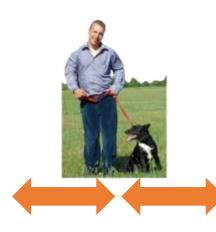


Do not go out shopping.

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 **unwel**l you **can** take **paracetamol.** 



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