



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 can't **taste** or **smell** anything or things **smell** or **taste different.**



You must:

Stay at home for **10 days** if you live alone.

If you are **still ill** after a **10 days** 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