



Self Isolation if you are ill and live with others.



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.**



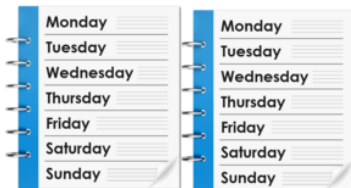
You must:

Stay at home for 10 days if you are still ill after **10 days** you need to **stay at home..**



But the people you live with need to **stay at home for 2 weeks** as it can take **2 weeks** to become ill.

If you are **still ill** you must **stay at home.**



Staying at home means:

The things you cannot do

Do not go to work.



Workplace



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** **by** your **door**.



Do **not** share a **bed** if **possible**.



Do not share your towel or tea towel with anyone.



The things you need to do

Try to stay 3 steps apart from each other.



Use the kitchen alone.



Use the bathroom alone.



Clean the bathroom after you use it.



Use a **dish washer** to **wash up** if you have one.



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



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



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



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