



## 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.**



If you have formed a **support bubble** with **another household**.

**Everyone** in the **support bubble** will need to **isolate** as if you all **live** in the **same house**.



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**.



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



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**