



Self Isolation: if you are ill and live with others or if you are in a support bubble



To **keep** as many **people well** as **possible** we need people to isolate if

if you have :

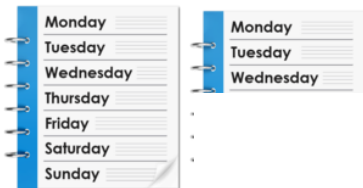
A **high temperature.**

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..**



The people you live with or are
in a bubble with, need to **stay at**
home for 10 days as it can take
several days 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.





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**.



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 **exercise** in your **house** or in your **garden**.



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**