



Covid self Isolation for people living alone.



Covid is still making some people ill.

There is a **new type of Covid** called **Omicrom**.

People with **Omicrom** have:

- **Runny Nose**
- **Headache**
- **Tiredness**
- **Sneezing**
- **Sore throat**



or

If **you** have:

A high temperature.

A new cough

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



If you are **ill** with any of the **things above** you **need** to take a **test**.

Your **Doctor** or **111** can **help** you **get** this **test**.



If you have **COVID** you must **Stay at home** for at least **5 days**



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.



If you **need essential shopping** ask someone to get it for you.

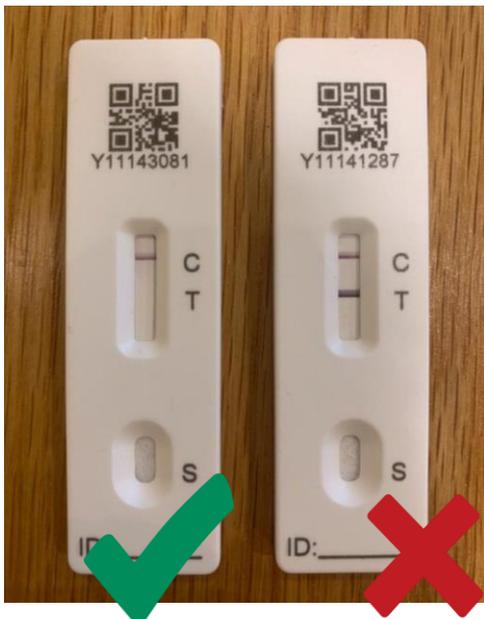
if no one can get your food and medicine you can go and get that. If you have to go out try and use a mask and keep your distance from others.



Day 5 Test

On **day 5** and **day 6** you need to do a **Lateral flow test at home**.

If your **day 5 test** and your **day 6 test** are **negative** they will look like the **photo** .

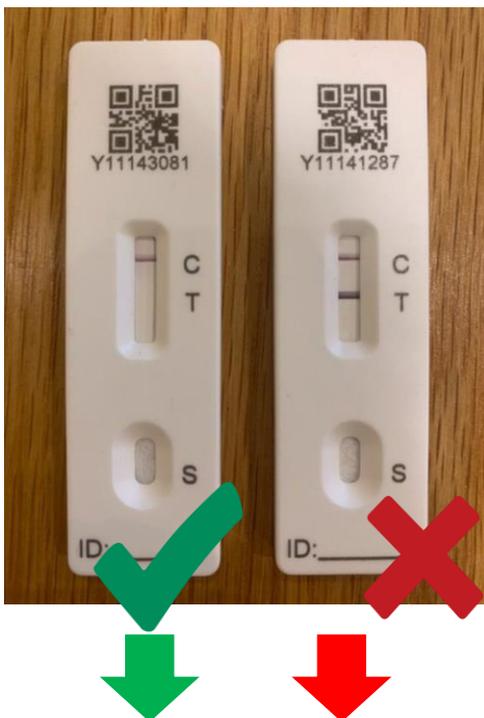


If **negative** there will just be **1 line by the C** on the **test**.

If positive there will be 2 lines.

If your **day 5** and **day 6** test are negative you can go out again.

Day 6 Test



If your **day 5** or **day 6** test are **positive** you must **stay at home**.

Keep testing every day until you get **2 negative tests in a row**. Then you can go out again.





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