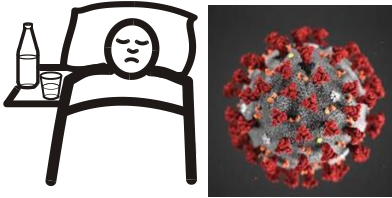




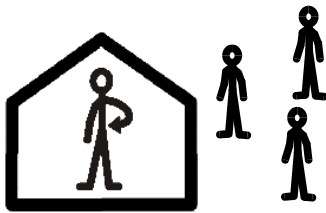
## Self-Isolation



Lots of people are getting poorly at the moment because of a new illness called coronavirus



If you get have a cough, temperature or breathing difficulties you will be told to **self-isolate**



**Self-isolation** means **staying at home** and away from lots of people



This is to help you and other people not get poorly

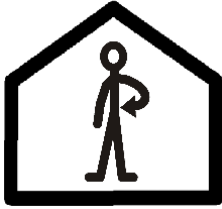


If you have to self-isolate **you should:**

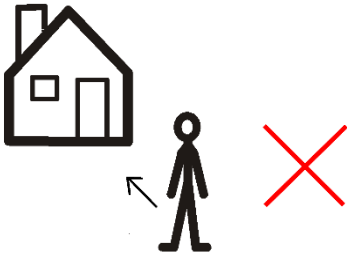
	<p>Stay inside your house</p>
	<p>Try to keep away from other people in your house, especially older people</p>
	<p>Ask other people to bring shopping and the things you need to your house They can leave it at the door for you</p>
	<p>Sleep on your own if you can</p>
	<p>Wash your hands</p>
	<p>Drink lots of water</p>



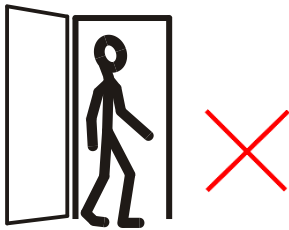
Someone you live with might be able to give you some medicine that will help you



If you are in self-isolation you should not



Have visitors come inside your house



Leave the house.

You can go in your own garden if you have one.



This will help to keep people safe



This will help you and other people to stay well

	<p>If you are in self-isolation you can do some things to help keep yourself feeling ok on the inside as well</p>
	<p>Take breaks from social media and the news</p>
	<p>Try to get information from the news instead of social media</p>
	<p>Think and talk about things that make you feel good</p>
	<p>Try to keep doing things that you are interested in</p>
	<p>It might help to make a plan for each day</p>

	<p>Take deep breaths and stretch</p>
	<p>Get enough sleep</p>
	<p>Make sure you exercise</p>
	<p>Talk to other people about how you feel.</p> <p>You could try skype, facebook/whatsapp video calls, FaceTime or messaging.</p>
	<p>Make sure you get some fresh air. You can try opening a window or going out into your own garden.</p>