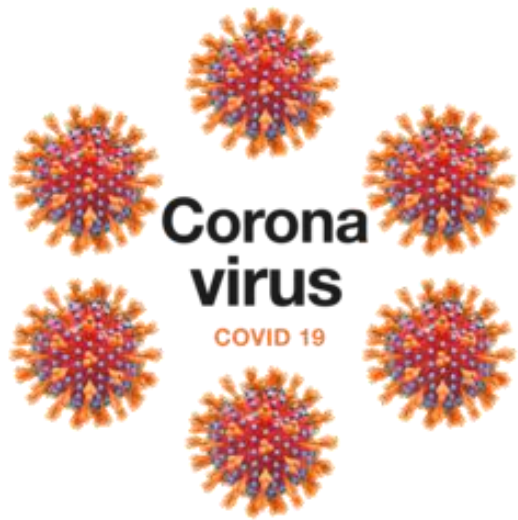


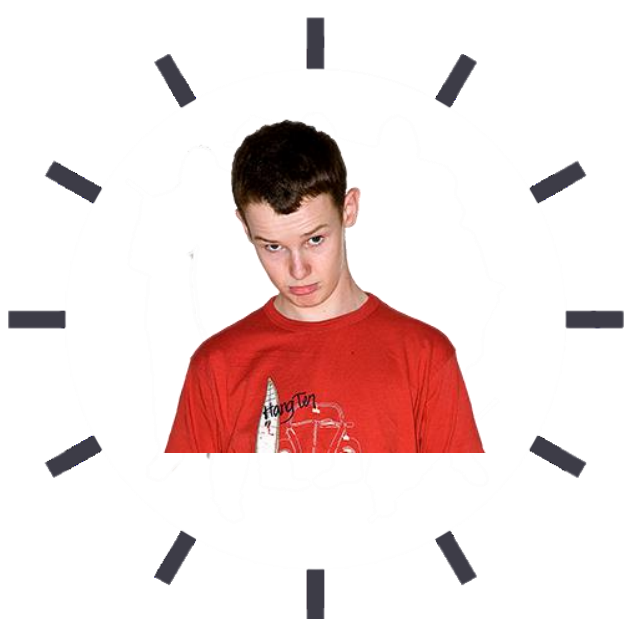
What happens if you or someone in your home has Covid 19



Lots of people are thinking about the best way to stop the spread of Covid 19.

How to stay safe

- If you or someone in your home is ill you may need to **self-isolate**.
- This means staying at home.
- People who help you in your home will look after you.
- They will help you understand what you need to do to feel better and make a plan for self-isolation.
- They will get you more help if needed.





- Self-isolating needs to happen for 2 weeks.



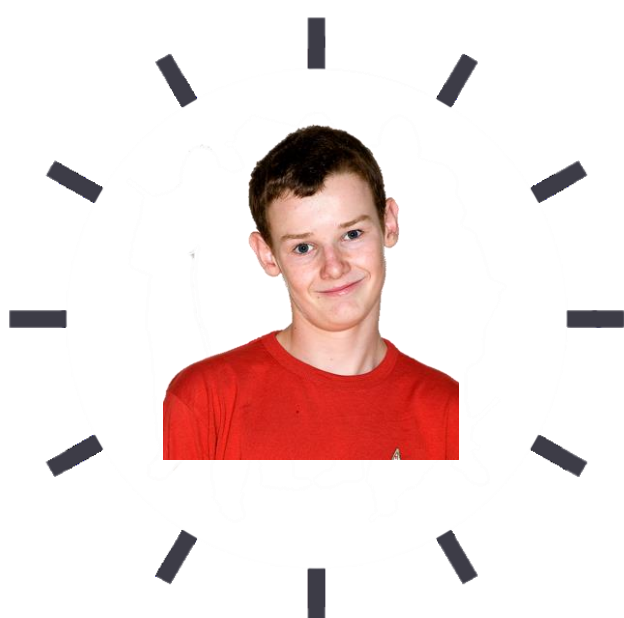
- If your home is self-isolating you cannot have visitors.



- People who work in your home can help you keep in contact with important people in your life by phone calls, email, messaging and video calling.



- Self-isolating can sometimes feel boring.



- People who help you will work hard to make sure you have what you need to feel better and not be bored.

- They will also get you more help if needed.

