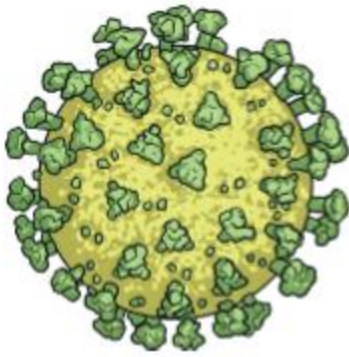


Finishing Self-Isolation- A Social Story



When people have coronavirus, they need to stay at home for 10 days. This is called self-isolation.



When the 10 days are over, as long as nobody else they live with has coronavirus, they can leave home again.



I might feel confused about what I'm allowed to do after self-isolating, or have worries about leaving home.



Once my self-isolation is over, I am allowed to:

exercise
outside of
my own
garden,



visit shops,

go back to my
school
or nursery if it
is open.

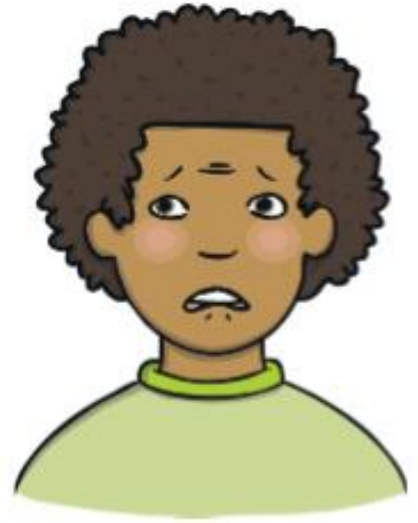


The adults who live with me can find out what else I am allowed to do again by visiting this website:

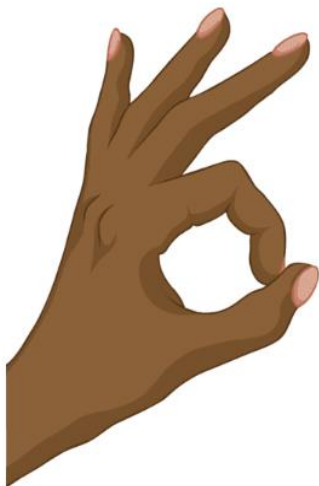


<https://www.gov.scot/check-local-covid-level/>

I might feel worried about spreading coronavirus.



It's OK to feel worried, but I should also remember that once I have self-isolated for 10 days, I should not be able to spread coronavirus anymore.



It's important to remember that it's not my fault I caught coronavirus, and it doesn't mean I did anything wrong.

