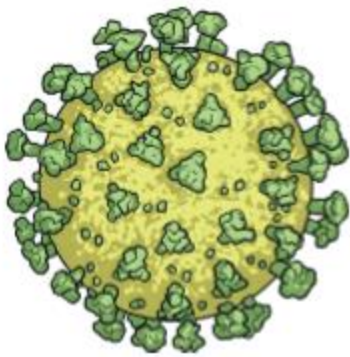


Staying Connected when Self- Isolating with Coronavirus- A Social Story



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



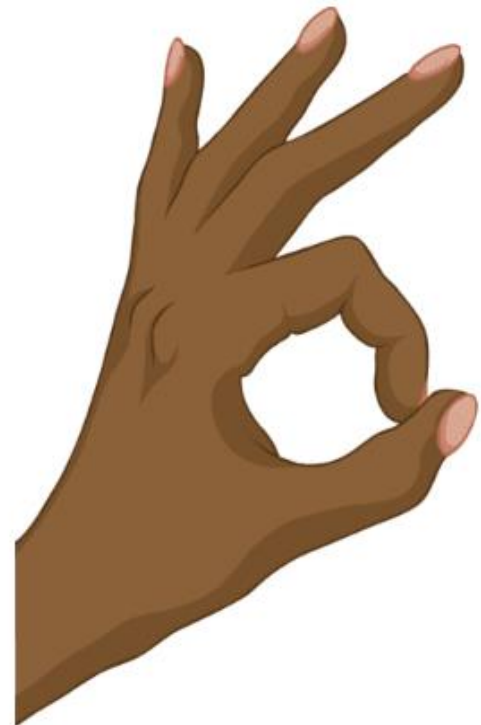
When the 10 days are over, as long as nobody else they live with has coronavirus, they can leave home again.



When I am self-isolating, I might feel lonely, or miss my friends and family who do not live with me.



It's OK to feel this way, but there are also lots of ways I can stay in touch with my friends and family.



I could video call



for example with Zoom, Facetime, Skype or Microsoft Teams.



I could call on
the phone



I could send a
text





Once I have self-isolated for 10 days, I should be able to see my friends and family again.



The adults who live with me can help me to keep in touch with people, and to find out what I am allowed to do by visiting this website:



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