

## Self Isolating







someone who tests postive for Covid-19



someone with any Covid-19 symptoms



someone in the same household tests positive



close contact with someone who tests positive



## How to self isolate



Stay at least 2 metres away from others.



Stay in a different room from others.





bathroom and surfaces every



Spend as little time as possible in shared



Use kitchen when others are not in it.



Use a separate towel.



Clean kitchen and surfaces every day.



You must



You should



You must not



Stay home.



Try to keep windows open.



Go to work at workplace.



Physical distance from others.



Try to stay away from others.



Touch face, especially mouth, nose and eyes.



Wash hands regularly.



Shop online.



Go to shops.



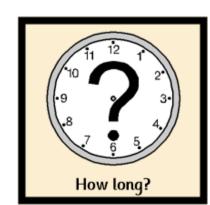
Sneeze or cough into a tissue then bin it.



Ask for help if you need it.

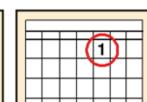


Leave your house (except for your garden)



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Immediately after a negative test result and not a 'close contact' of a confirmed case.



Su M T W At least 10 days after Th F Sa start of symptoms.



14 days if someone else tests positive in household.

Time given by NHS.

