

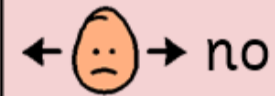
I have been told to self isolate because of Test and Protect



what does this mean?



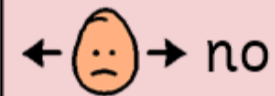
Can I go to the shops?



Can I go to school or work?



Can I go out for a walk?



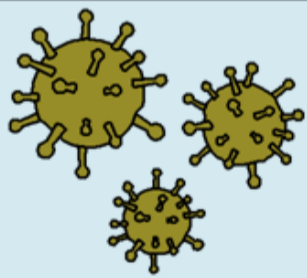
Can I go to a park for exercise?



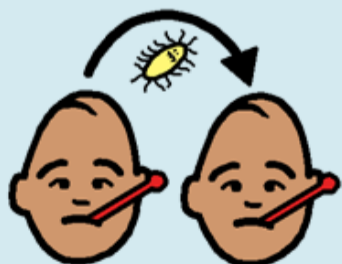
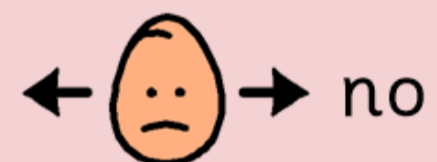
Can I go out into my garden?



Can I visit my family?



Does this mean I have or will get Covid-19?



It means you have been near to someone who has Covid-19.



This is the way to help stop the spread of the virus.



How long do I need to stay home?

Su M T W
Th F Sa

14 days

Su M T W
Th F Sa

