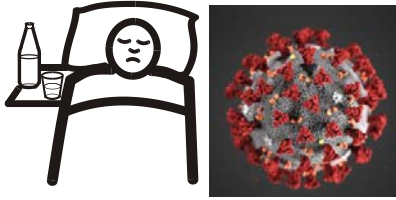




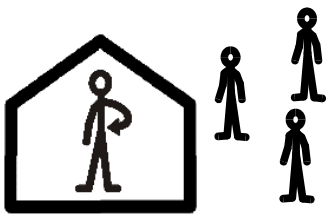
## Self-Isolation



Lots of people are getting poorly at the moment because of a new illness called coronavirus



If you get have a cough, temperature or breathing difficulties you will be told to **self-isolate**



**Self-isolation** means **staying at home** and away from lots of people



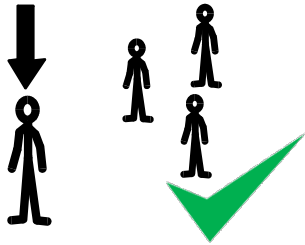
This is to help you and other people not get poorly



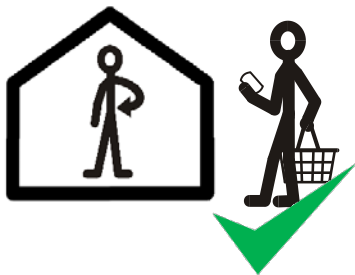
If you have to self-isolate **you should:**



Stay inside your house



Try to keep away from other people in your house, especially older people



Ask other people to bring shopping and the things you need to your house

They can leave it at the door for you



Sleep on your own if you can



Wash your hands



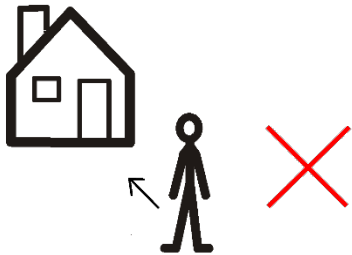
Drink lots of water



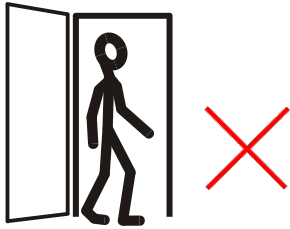
Someone you live with might be able to give you some medicine that will help you



If you are in self-isolation you should not



Have visitors come inside your house



Leave the house.

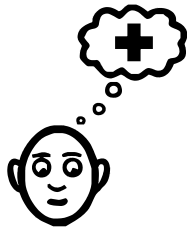
You can go in your own garden if you have one.



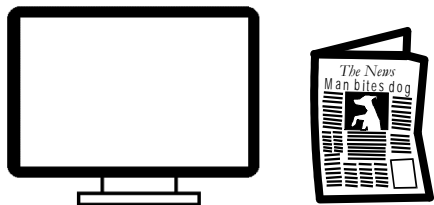
This will help to keep people safe



This will help you and other people to stay well



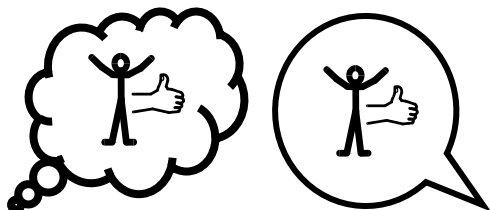
If you are in self-isolation you can do some things to help keep yourself feeling ok on the inside as well



Take breaks from social media and the news



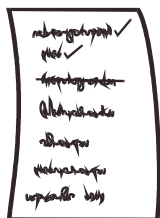
Try to get information from the news instead of social media



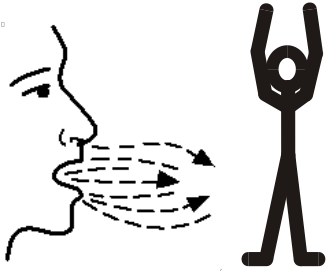
Think and talk about things that make you feel good



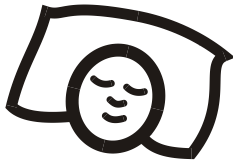
Try to keep doing things that you are interested in



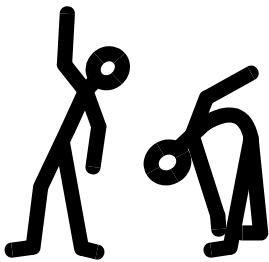
It might help to make a plan for each day



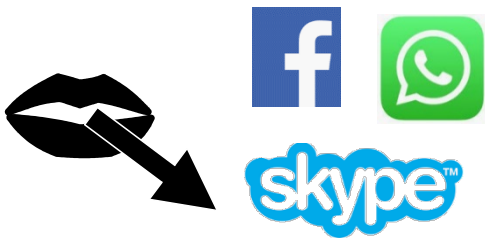
Take deep breaths and stretch



Get enough sleep



Make sure you exercise



Talk to other people about how you feel.

You could try skype, facebook/whatsapp video calls, FaceTime or messaging.



Make sure you get some fresh air. You can try opening a window or going out into your own garden.



This document was produced by The Speech and Language Therapy Team at Portland College