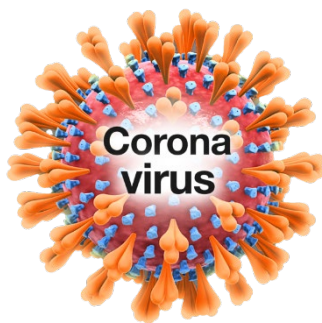# A guide to self-isolation

Keeping yourself safe from Coronavirus
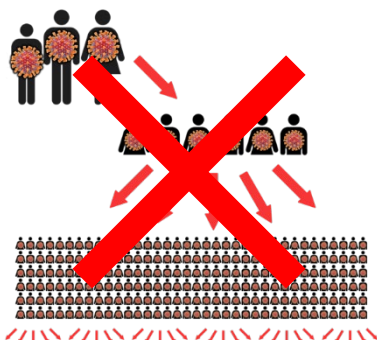
What is Coronavirus?

Coronavirus is an illness a bit like flu.

It can make people feel very poorly.

What is self-isolation?

If you have symptoms of Coronavirus you need to stay at home.

This is to stop the virus spreading.

It is very important to stay away from other people when you are self-isolating.

Try to get your shopping delivered or ask people to bring it to you.

Sleep on your own if you can.

Wash your hands with handwash and water for 20 seconds.

You should wash them:

- Before you leave the house and when you get home
- Before making food or eating
- After using the toilet.

Drink lots of water and eat regular meals.

Keep taking your normal medications.

When do I need to self-isolate?

You need to self-isolate if you have:

- a fever
- a cough
- struggling to breath

Tell a member of staff if you feel like this.

What should I do if I don't feel better after seven days?

If your symptoms get worse, or they don't get better after seven days – tell your support worker.

They will call the NHS to check what the next step is for you.

If you are feeling worried or unsure or need some reassurance, talk to your support team. They are there to help.