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| **Self-Isolation** |
| cid:image001.jpg@01D5FB89.A43844A0 | 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 houseThey can leave it at the door for you |
|  | Sleep on your own if you can |
|  | Wash your hands  |
| P:\Speech\!!!! NEW SHARED FOLDER !!!!\WIDRESOURCES\Graphics\Widgit Rebus\D\drink.emf | 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 |
| P:\Speech\!!!! NEW SHARED FOLDER !!!!\WIDRESOURCES\Graphics\Widgit Rebus\B\breathe.png  | 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. |
| Image result for open window  | Make sure you get some fresh air. You can try opening a window or going out into your own garden.  |

