Self-isolating

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| [Coronavirus 1](https://www.photosymbols.com/collections/coronavirus/products/copy-of-coronavirus-2?_pos=57&_sid=c4af2056a&_ss=r)[Shedding Virus](https://www.photosymbols.com/collections/coronavirus/products/shedding-virus?_pos=39&_sid=1d414bc84&_ss=r) | Coronavirus can make people very ill |
| [Epidemic](https://www.photosymbols.com/collections/health/products/epidemic?_pos=158&_sid=c4af2056a&_ss=r) | The government want to slow  down the spread of Coronavirus |
| [Household 14](https://www.photosymbols.com/collections/coronavirus/products/household-14?_pos=146&_sid=3d5c5cb92&_ss=r) | Self-isolation is one way that we can do this |
| [Household 14](https://www.photosymbols.com/collections/coronavirus/products/household-14?_pos=146&_sid=3d5c5cb92&_ss=r)[Lockdown](https://www.photosymbols.com/collections/coronavirus/products/lockdown?_pos=184&_sid=c4af2056a&_ss=r) | Self-isolation means staying at home and not leaving it |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Household 13+14](https://www.photosymbols.com/collections/coronavirus/products/household-13-14?_pos=188&_sid=3d5c5cb92&_ss=r)[Household 14](https://www.photosymbols.com/collections/coronavirus/products/household-14?_pos=146&_sid=3d5c5cb92&_ss=r) | This means you cannot meet other people and you are less likely to get ill |
|  | **When you need to self-isolate** |
| [Tissue for Coughs](https://www.photosymbols.com/collections/health/products/tissue-for-coughs?_pos=15&_sid=8770ab14b&_ss=r)[Household 14](https://www.photosymbols.com/collections/coronavirus/products/household-14?_pos=146&_sid=3d5c5cb92&_ss=r) | You will need to self-isolate if you have any symptoms of coronavirus |
| [Taste Smell Loss](https://www.photosymbols.com/collections/coronavirus/products/taste-smell-loss?_pos=18&_sid=8770ab14b&_ss=r)[Coronavirus Symptoms](https://www.photosymbols.com/collections/health/products/coronavirus-symptoms?_pos=181&_sid=c4af2056a&_ss=r) | The three main symptoms are:   * a new cough or one that does not go away * a high temperature * loss of smell or taste |
| [Sore throat](https://www.photosymbols.com/collections/health/products/sore-throat?_pos=1&_sid=6e834ed49&_ss=r)[Headache](https://www.photosymbols.com/collections/health/products/headache?_pos=1&_sid=898040396&_ss=r) | Other symptoms are:   * headaches * tiredness * muscle ache * sore throat * vomiting and diarrhoea |
| [Phone call at home](https://www.photosymbols.com/collections/coronavirus/products/lizzy-call-at-home?_pos=22&_sid=4bffb5a11&_ss=r) | If you are worried about any of the symptoms you can call the  COVID helpline  Telephone: 01534 445566 |
| [App Alert](https://www.photosymbols.com/collections/coronavirus/products/app-alert?_pos=60&_sid=3d5c5cb92&_ss=r) | They will tell you what to do next |
| [Household 10](https://www.photosymbols.com/collections/relationships/products/household-10?_pos=115&_sid=3d5c5cb92&_ss=r) | You might be asked to self-isolate if you are at high risk of getting  very ill if you get coronavirus |
| [Group 8](https://www.photosymbols.com/collections/people-groups/products/group-8?_pos=131&_sid=94dd25131&_ss=r) | You are at higher risk if:   * you are over 70 years old * you have Downs Syndrome * you have other health   conditions   * you take medicines that make it harder for your body to fight infections |
| [COVID-19: testing and tracing programme](https://www.google.co.uk/url?sa=i&url=http://www.gov.je/News/2020/Pages/TestingTracingProgramme.aspx&psig=AOvVaw1by8oqXhaDe97taBT5zMfM&ust=1606913963642000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMDK6JHrrO0CFQAAAAAdAAAAABAD) | You might be asked to self-isolate if you have been contacted by the track and trace team |
| [Asymptomatic](https://www.photosymbols.com/collections/coronavirus/products/asymptomatic?_pos=179&_sid=93abe555f&_ss=r) | This means that you might have been near to someone who has tested positive for Coronavirus |
|  | **What self-isolation will mean for you** |
| [Weigh Up Risk](https://www.photosymbols.com/collections/coronavirus/products/weigh-up-risk?_pos=89&_sid=93abe555f&_ss=r) | If you are asked to self-isolate there are some things you can do and some things you will have to stop doing |
| [Tick Yes](https://www.photosymbols.com/collections/graphics/products/tick-yes?_pos=1&_sid=bde702cc4&_ss=r) | **Things you can do:** |
| [Tick Yes](https://www.photosymbols.com/collections/graphics/products/tick-yes?_pos=1&_sid=bde702cc4&_ss=r)[Household 14](https://www.photosymbols.com/collections/coronavirus/products/household-14?_pos=146&_sid=143f36c26&_ss=r) | You can stay in your own home |
| [Tick Yes](https://www.photosymbols.com/collections/graphics/products/tick-yes?_pos=1&_sid=bde702cc4&_ss=r)[Garden](https://www.photosymbols.com/collections/home/products/garden?_pos=1&_sid=133164749&_ss=r) | You can go in your garden if you have one |
| [Tick Yes](https://www.photosymbols.com/collections/graphics/products/tick-yes?_pos=1&_sid=bde702cc4&_ss=r)[Flat Window](https://www.photosymbols.com/collections/law/products/close-window?_pos=2&_sid=f89077746&_ss=r) | Open your windows to let fresh air in if it is warm enough |
| [Tick Yes](https://www.photosymbols.com/collections/graphics/products/tick-yes?_pos=1&_sid=bde702cc4&_ss=r)[Check on Friend](https://www.photosymbols.com/collections/coronavirus/products/check-on-friend?_pos=66&_sid=c4af2056a&_ss=r) | Talk to friends and family on the phone |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r) | Things you cannot do: |
| [Outside](https://www.photosymbols.com/collections/coronavirus/products/outside?_pos=144&_sid=c4af2056a&_ss=r)[Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r) | Leave your house or go for a walk  If you have a dog, you will need to get someone to walk it for you |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Alert High](https://www.photosymbols.com/collections/coronavirus/products/alert-high?_pos=208&_sid=8d5fe7d00&_ss=r) | Go out to places where there are lots of people |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Shops 1](https://www.photosymbols.com/collections/places/products/shops-1?_pos=1&_sid=7eb172ec5&_ss=r) | Go out to the shops |
| [Pub Social 1](https://www.photosymbols.com/collections/leisure/products/pub-social-1?_pos=4&_sid=37bed60ce&_ss=r)[Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Swimming](https://www.photosymbols.com/collections/leisure/products/swimming?_pos=2&_sid=e8a2ce0ea&_ss=r) | Go to activities like the pub, gym or swimming pool |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Taxi travel](https://www.photosymbols.com/collections/transport/products/taxi-travel?_pos=3&_sid=dba74c724&_ss=r)[Bus Travel](https://www.photosymbols.com/collections/transport/products/bus-travel?_pos=10&_sid=f0c980be0&_ss=r) | Use public transport like the bus or a taxi |
| [Cross No](https://www.photosymbols.com/collections/graphics/products/cross-no?_pos=1&_sid=93e125bb3&_ss=r)[Household 4](https://www.photosymbols.com/collections/relationships/products/household-4?_pos=109&_sid=b39807fc3&_ss=r) | Have friends or family to your house |
|  | **Getting the things you need if you are self-isolating** |
| [PPE-1 None](https://www.photosymbols.com/collections/coronavirus/products/ppe-1-none?_pos=102&_sid=8d5fe7d00&_ss=r)[PPE-7 Fit](https://www.photosymbols.com/collections/coronavirus/products/ppe-7-fit?_pos=152&_sid=8d5fe7d00&_ss=r) | If you are supported by staff you will still get your support |
| [Shopping bag](https://www.photosymbols.com/collections/things/products/shopping-bag?_pos=1&_sid=1dffcc9a6&_ss=r)[Sister brother](https://www.photosymbols.com/collections/family/products/sister-brother?_pos=36&_sid=0078af298&_ss=r) | Your friends, family and support will help you get your food shopping, medicines and anything else you need |
| [Shop Online Food](https://www.photosymbols.com/collections/coronavirus/products/shop-online-food?_pos=2&_sid=d14f3c9f2&_ss=r) | You can order things online like a take away or shopping |
| [Food Delivery](https://www.photosymbols.com/collections/coronavirus/products/food-delivery?_pos=1&_sid=acd9c0542&_ss=r)[Address Street](https://www.photosymbols.com/collections/information/products/address-street?_pos=26&_sid=807a44b00&_ss=r) | The delivery driver or postman will not be able to bring anything into your house they will have to leave it at the door |
| [PPE-4 Hands](https://www.photosymbols.com/collections/coronavirus/products/ppe-4-hands?_pos=151&_sid=3d5c5cb92&_ss=r) | Your support staff will take extra care to keep you and themselves safe |
| [PPE-11 Ready B](https://www.photosymbols.com/collections/coronavirus/products/ppe-11-ready-b?_pos=131&_sid=3d5c5cb92&_ss=r) | This means they will be wearing protective clothing such as a mask, gloves and an apron |
| [Coronavirus 2](https://www.photosymbols.com/collections/health/products/coronavirus-2?_pos=58&_sid=4874a94bb&_ss=r) [PPE Same Person 1](https://www.photosymbols.com/collections/coronavirus/products/ppe-same-person-1?_pos=173&_sid=3d5c5cb92&_ss=r) | If you have tested positive for Coronavirus then your support staff will be wearing protective clothing |
| [Think3](https://www.photosymbols.com/collections/people-adults/products/think3?_pos=22&_sid=1da4feafc&_ss=r) | You might feel worried and scared, this is okay |
| [Video Chat](https://www.photosymbols.com/collections/coronavirus/products/video-chat?_pos=101&_sid=2e6f9bc6b&_ss=r) | Remember you can talk to your support staff, your Doctor, Social Worker, friends and family  This will help you feel better |