

Self-isolation versus Social Distancing

COVID-19 PREVENTION METHODS EXPLAINED	
Self-Isolation	Social Distancing
Who is the advice for?	
Anyone who develops symptoms (defined as a new continuous cough AND/OR a high temperature) and all other household members.	<ul style="list-style-type: none"> Everyone must remain at home. If you are leaving for unavoidable reasons such as buying groceries or essentials then follow social distancing rules remaining 2 metres apart.
How long is it for?	
Individuals with symptoms must self-isolate for 7 days.	Likely to be in place for many weeks
Who can you interact with?	
<ul style="list-style-type: none"> Remain home. Do not go to work, school or public areas, and do not use public transport or taxis. Do not go out to buy food or essentials, ask friends or relatives to help. Do not invite or allow social visitors to enter your home. 	<ul style="list-style-type: none"> Avoid contact with anyone displaying symptoms. Avoid non-essential use of public transport. Avoid large gatherings. Avoid gatherings with friends and family.
What can I do?	
<ul style="list-style-type: none"> Stay in touch with family and friends via phone or social media. Things such as cooking, reading, online learning, watching films. If you feel well, light exercise in your home or garden. 	<ul style="list-style-type: none"> Work from home where possible. Exercise or go out for walks if you stay more than 2 metres away from others. Go outside into the garden. Stay in touch with family and friends via phone or social media. Stay 2 metres apart from anyone when outside your household.