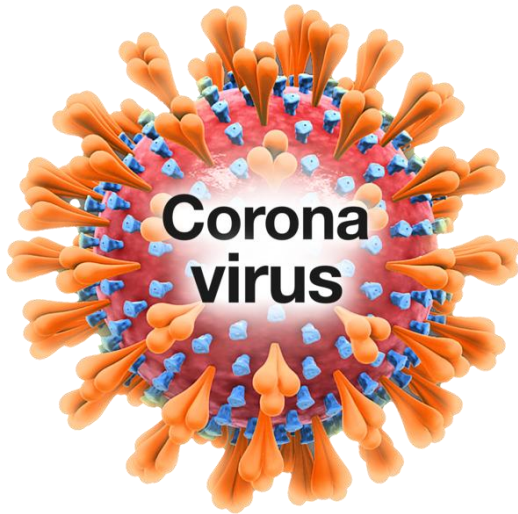


## SELF-ISOLATION



**Coronavirus** is a new illness.



Coronavirus is **spreading across the world** including England and Wales.



People who have Coronavirus **cough** a lot, have a **fever** and find it **difficult to breathe**.



But most people with  
Coronavirus will not feel  
too ill and **get well soon.**



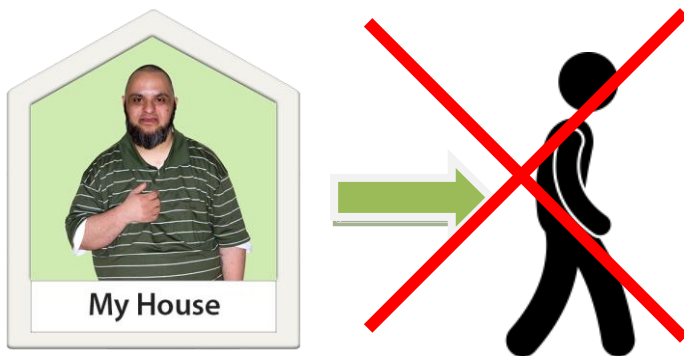
**The Government** are  
working hard to help  
people stay healthy.



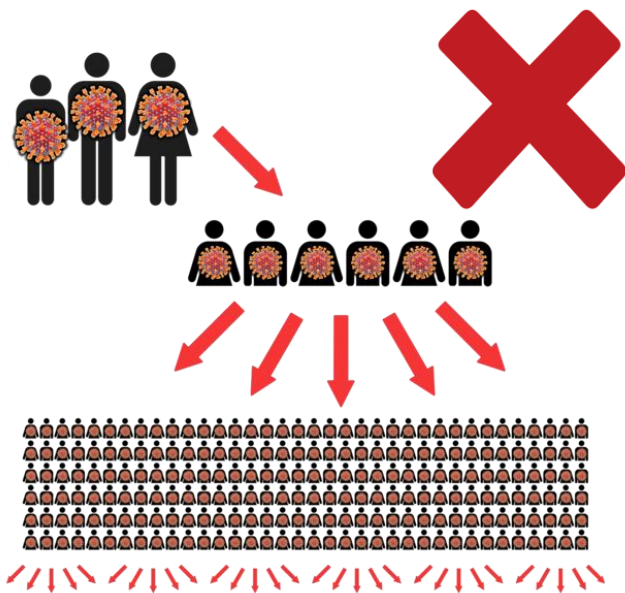
It is **important** that we  
do what the Government  
says to keep each other  
safe and healthy.



One way that the Government says we must help is by **self-isolating** when asked.



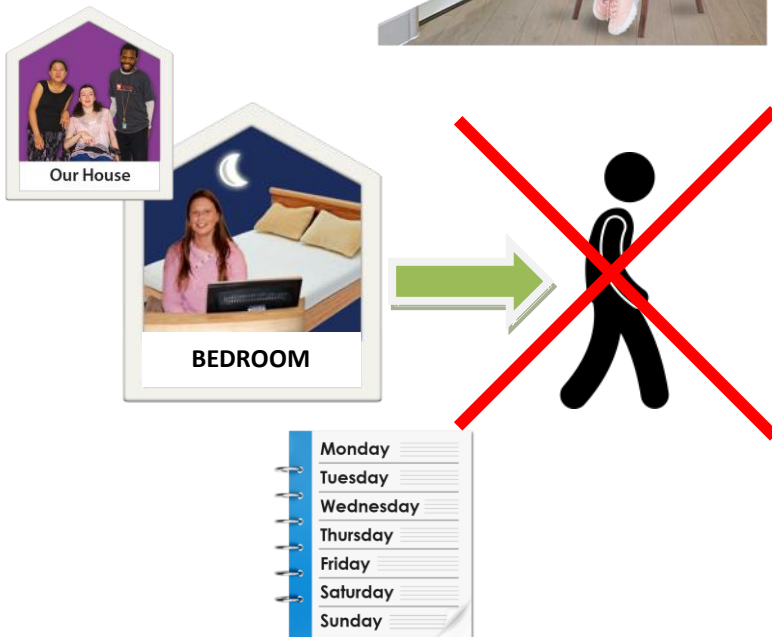
Self-isolating means that you will have to **stay in your home**, or maybe even **your bedroom** for a number of days.



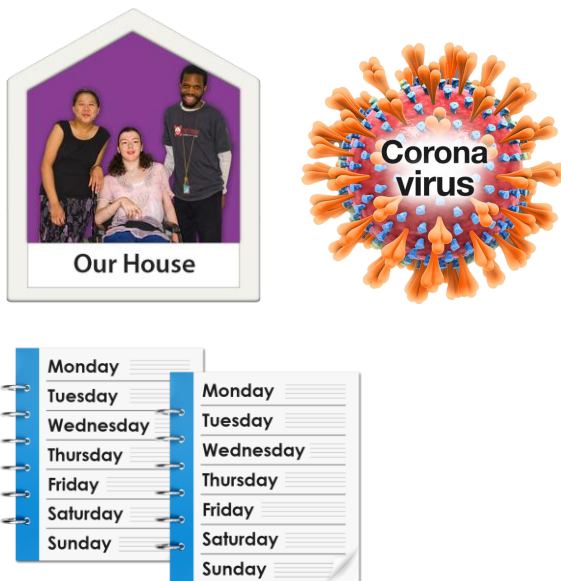
Self-isolating helps to **stop** the illness from **spreading**.



If **you** have a **new cough** and/or a **fever**, you will have to **self-isolate**.

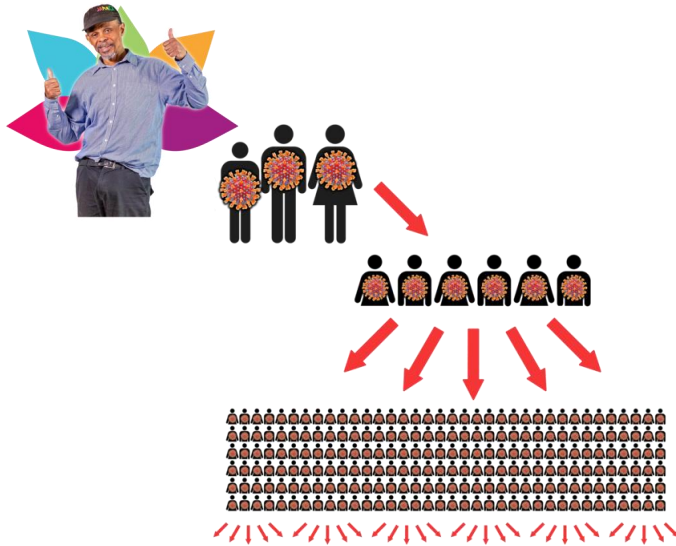
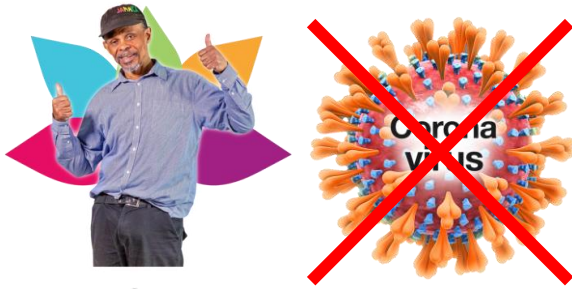


If you live with other people you need to **stay** in your own **flat** or **bedroom** for **7 days**.



If someone you live with has **Coronavirus** you will have to **self-isolate** for **14 days**.





That means even if you **don't have Coronavirus** you must stay at home for **14 days**.

This is because even if you feel well, you could still have **Coronavirus** and **pass it on to others**.

How do you feel about **staying** in your **bedroom** or **home** for so **many days**?



Even if you are not happy,  
the Government says you  
**must do it** to help  
everyone **stay healthy**.



There are many **fun**  
**things** you can do in  
your house, and we will  
give you some good  
ideas.