

POINTERS FOR YOU IN SELF-ISOLATION

- ✚ Recognise that this is about keeping you, your family and your community safe and healthy
- ✚ Use your phone to stay in contact with family and friends as you will not be visiting them
- ✚ Do things you enjoy doing at home – watching Netflix, listening to music, social media
- ✚ Try to relax and to not get too stressed
- ✚ If indoors with children, find ways of keeping them occupied – colouring, nursery rhymes

How to Prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces