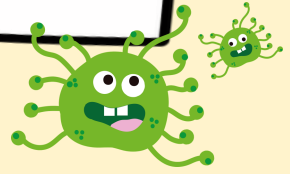




I have been told I am a close contact of someone who has tested positive for Covid-19. I am unsure what happens next...



Self Isolating at Home My questions

Answers

1. What do I need to do now?

Go home and stay at home for ___ days.



2. Can I visit my friends & family?

No



You can always try face-time or chat to them on the phone.

3. Can I go outside to my garden?

Yes



4. Can I go to school?

No



You can try online learning.

5. Can I go for a walk or exercise outside?

No



You can exercise indoors or in your garden.

6. Can I go to the shops?

No



Your family can order shopping online and have it delivered.

7. How long do I need to stay at home for?

Check the guidance in place for your area. This is ___ days.

8. Does having to self-isolate at home mean that I am going to get the Coronavirus?

It just means that someone who has been in close contact to you has tested positive, so you need to be extra careful and take steps to protect yourself and others as you could spread the virus to others without knowing it and before you might get any symptoms.

Remember

If required a family member can book you a test.



It will be ok!

DON'T PANIC

