

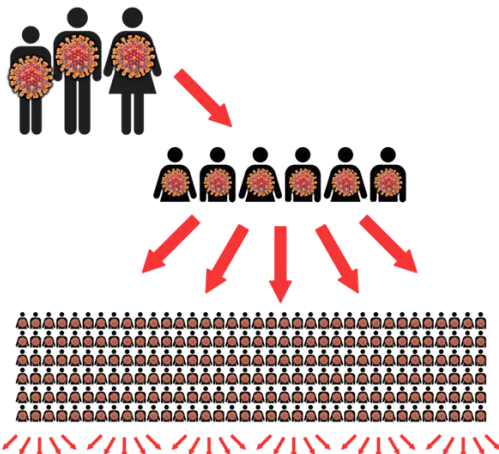


Isolation due to Coronavirus



The Coronavirus is like a bad flu or cold.

Coronavirus is very **infectious**. This means it can easily spread from one person to many others.



Some people will only get a little bit sick. Others might get very sick.

If you are showing signs of Coronavirus, you must stay home.



This is to make sure you don't give the virus to other people. This is called **isolation**.



Isolation due to Coronavirus



Your doctor will tell you how long you need to spend in isolation.

You will need to stay at home for 14 days (2 weeks).

This means:



Workplace

- You cannot go to work or school or your day activity



Supermarket

- You cannot go to the shops or other community venues
- Friends and family cannot visit your home



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At home you can do things like:

- Use the phone or online video to catch up with family and friends
- Do some exercise
- Watch tv or listen to music
- Use a computer
- Play games, do craft, drawing or reading
- Have food delivered to your home

Remember that staying at home won't last long