

All About COVID-19 – What does ‘Self Isolating’ mean?

This is a social story to be read with, or by, people we support to help them to understand the latest advice and guidance around the COVID-19 outbreak.

This story is for people who live with other people and are self isolating.

For social stories to be successful they should be read regularly, in the same way each time and before the event. This means this story will be most successful if it is read every day regardless of if the person is self-isolating or showing symptoms.



Why are we talking about self-isolating?

Covid-19 is a virus that means people are getting poorly.

The government wants to help slow down how quickly this happens.

Self Isolation is one way that we can help to do this.

What does self-isolation mean?

Self Isolation means staying at home and not leaving it apart from to exercise.

It means staying away from other people as much as possible.





This means you will not come into contact with other people and the virus is less likely to spread.

Why might I have to self isolate?

You will need to self-isolate for 14 days if you have any of the symptoms of COVID-19.

The symptoms are:

- A new cough that does not stop (continuous)
- A high temperature
- Having problems breathing
- Loss of smell or taste



You may also be asked to self-isolate if you are at high risk of becoming very poorly if you get COVID-19.

You are at higher risk if you:

- Are over 70 years old
- Have other health conditions
- Take medicines that make it harder for your body to fight infections.



If you are one of these people then you might be asked to self-isolate for longer.



What does self-isolation mean for me?

If you are asked to self-isolate there are some things you will still be able to do, and some things you will have to stop doing.



Things you can do:

You can stay in your own home, in your bedroom as much as possible.

You can leave your room to go to the bathroom if you don't have an en-suite.

You can go in your garden if you have one.

You can open your windows to let fresh air in if it is warm enough.

You might be able to go for a walk to get exercise but must stay away from other people.



You can talk to friends and family on the phone.



You will also need to self isolate for 14 days if anyone you live with has the symptoms of COVID-19.

14 days is the same as 2 weeks.

This is because you might be able to pass the virus on even if you feel well.

Things you can't do:

Use communal areas like the kitchen or living room.

Go out to places where there are lots of people.

Go out to the shops

Go to activities like the pub, gym, swimming or disco.

Use public transport

Having friends or family around to your house.

Spend time with other people you live with



How will I get the things I need if I am self-isolating?



If you are supported by staff, you will still get your support.

If you need any food ask family, friends or support staff do your shopping for you and leave it by your door.



You can order things online or on the phone like food shopping or takeaway. The delivery driver will not be able to bring the food into your house, they will have to leave it at the door.



If you are still receiving support then staff will take extra care to make sure you are kept safe and that they keep themselves safe while giving you support. This will mean they may wear aprons and masks when they would not usually.



You might see staff supporting other people in your house wearing masks too.

Self-isolating might be hard sometimes. To help you, we have a separate guide to give you ideas of the things you can do to keep busy while you self-isolate or how to keep in touch with other people.



We have also created a guide about what to expect if you do have COVID-19.

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