

What self-isolation means for your child and your family

STAY AT HOME



Your child **must not** go to school.



Your child **must not** meet friends (indoors or outdoors).



Your child **must not** go to the shops.



Your child **must not** go to parks and public places.



Your child **must not** use public transport, including taxis.

WHAT SELF-ISOLATION MEANS FOR OTHER MEMBERS OF THE FAMILY

No symptoms in household?
Only schoolchild should isolate.



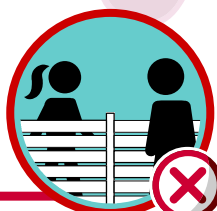
Symptoms in household?
Everyone **must** isolate.



VISITORS

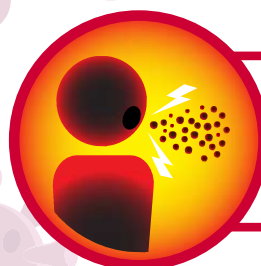


No family or friends can visit your home.



No meeting neighbours over garden fence.

MAIN SYMPTOMS OF COVID-19

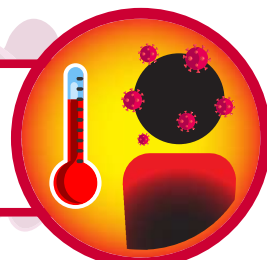


New, continuous cough

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual)

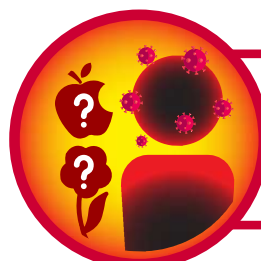
A high temperature

This means they may feel hot to touch on their chest or back (you do not need to take their temperature with a thermometer).



Loss or change to their sense of smell or taste

This means they may tell you that they cannot smell or taste anything, or things smell or taste different.



EXERCISE



Your child **can** exercise at home or in your garden



Your child **must not** go out for exercise, even with a mask on.