



## Tips for staying at home 'Self-Isolating'



try to keep at least 3 steps (2 meters) from other people in your home.



Ask friends, family or staff to do errands for you (like getting your medication)



Shop on line if you can, and have deliveries left outside.



Sleep alone



Regularly [wash your](#) hands properly!



Keep your home clean, especially things you touch like light switches and door handles



Stay away from older people or people with health conditions



Drink lots of fluid



Take medication for your symptoms. If your not sure ask you doctor or someone who supports you.



It is important to stay positive



Keep in touch with family and friends by phone or over the internet



Eat well



Do something Creative like art



Watch a movie or play a game!



You could even try an [exercise video](#)



Remember - Things will get back to normal. Just look after yourself, be kind and keep updated!