

## **Step By Step Guide On**

### **How To Survive Being Quarantined:**

**Step 1:** Know your symptoms and risks: contact **111** if you are feeling unwell

- stay in isolation until your infection clears
- monitor your symptoms
- wear a facemask to prevent spreading the illness

**Step 2:** Protect through precautions

- wash your hands often with soap for 20 seconds
- don't touch your face in public space
- sneeze and cough into your elbow
- throw all tissues in the bin immediately after use
- wipe down high contact surfaces like door handles, light switches and steering wheels
- don't share food with anyone
- have a shower once you step indoors

**Step 3:** Believe in your ability to self quarantine

**Step 4:** Prepare a calm-your-cold kit

Purchase only essential food and supplies, maximum for 30 days

**Step 5:** Find alternatives for socialising

- create a WhatsApp group with your friends
- Skype call with your friends and family

**Step 6:** Limit virus chats to stay positive

**Step 7:** Establish realistic goals for crisis

- only do what is safest and best for you, don't worry about what others do, they should respect your choice

**Step 8:** Practise new instincts

- read a book
- look after your house, garden and pets
- watch an interesting TV show or movie
- learn to cook or bake a cake/look after yourself and get plenty of rest

**Step 9:** Keep your community in mind-if you can

- make extra food or help with shopping for your elderly and vulnerable neighbour

**STAY SAFE**