

## A guide to self-isolation during COVID-19 (coronavirus).

**Don't worry but stay safe!**

### What is self-isolation?

Self-isolation means staying indoors at home.

People who feel unwell with a bad cough and a fever have to stay indoors at home.

A fever is feeling unwell and having a high body temperature.

### Why can't you go out?

COVID-19 (coronavirus) can spread easily from one person to another person.

That means lots of people being close together isn't a good idea.

Staying indoors stops the virus from spreading.

### How can I get food and medicine?

Food and medicine can be delivered to you.

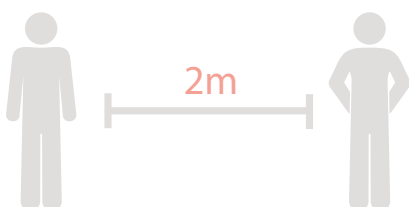
Ask the people you live with if you need help with this.

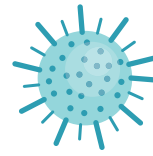
Ask your neuro occupational therapist if you need help with this.

### Support

If the people who look after you are unwell, someone else may have to help.

There will be lots of support for you if this happens!



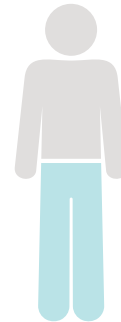


### How your neuro OT can help

Your neuro OT has been helping you since your brain injury and can help in lots of ways now!

Neuro OTs can help with:

- Explaining what the new COVID-19 rules mean.
- Getting food and medicine.
- Keeping you in touch with other people.
- Sorting out problems with your care.
- Carrying on with your neuro occupational therapy.



If you need help with anything, contact your neuro OT or ask someone to do it for you.

### Who can you contact if you're worried?

The first people you should try to contact are:

- The people you live with.
- Your neuro OT.
- Your support or care worker.
- A friend.

If you can't contact them and are feeling unwell, call the NHS helpline on 111 or, in an emergency, 999.

