

Social Distancing and Self Isolation – confused?

Everyone in the UK has been asked to practice social distancing to prevent the spread of coronavirus infection. We all need to heed the government advice. Even if we feel well, we may inadvertently be spreading the virus. We must significantly limit our face-to-face interaction with friends and family if possible, particularly if we are over 70, have an underlying health condition, or are pregnant.

Social distancing means:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport when possible
3. Work from home, where possible.
4. Avoid large and small gatherings in public spaces. When out keep 2m away from others, and remember to wash your hands regularly.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
6. Use telephone or online services to contact your GP or other essential services

Self isolation

If you or a member of your family has symptoms of coronavirus infection then you must self isolate. This means that you should all stay at home. Do **not** go to work, school, or public areas, and do **not** use public transport or taxis.

If possible, you should not go out even to buy food or other essentials, other than exercise, and in that case at a safe distance (at least 2m) from others.

People who are at the highest risk from the effects of coronavirus infection will be receiving advice to self-isolate from now for 12 weeks, in order to protect themselves and to reduce the burden on the health services at this unprecedented time.

Here is a link to detailed advice about how to effectively self-isolate

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

It is not easy. Let us all support each other.