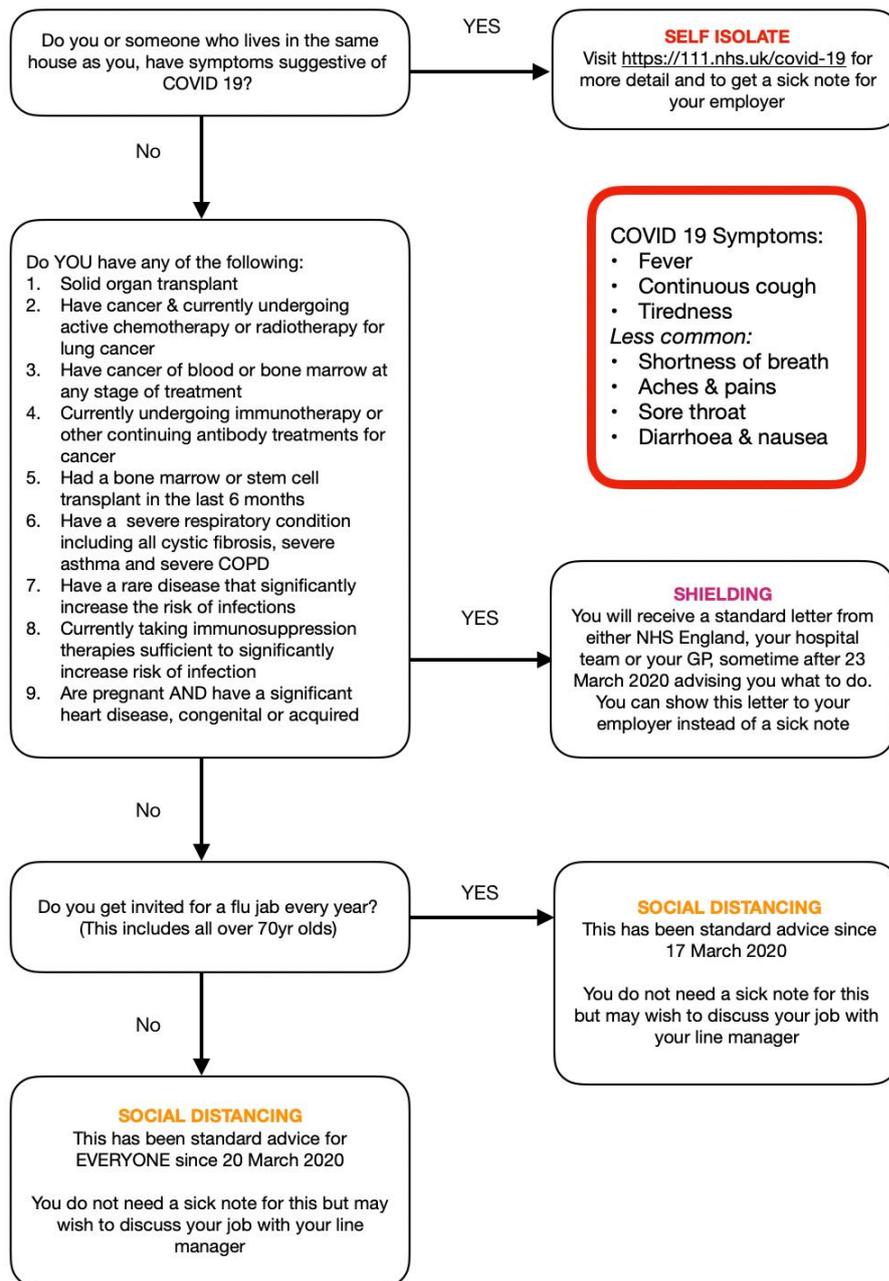


Guidance on Self Isolation and Social Distancing for COVID 19

This has been written to help you understand the difference between *self-isolation* and social distancing and who is being advised to do which.

We strongly suggest that you read this and work out which applies to you as an individual. It would be really useful to discuss this with everyone who lives in the same house as you, your line manager at work and those who you would normally wish to socialise with. If need be, please feel free to print this off & show it to them.

Your Doctors do not have any more information than has been provided to you by the Government, so please do not contact them asking for letters for work regarding Self-Isolation or Social Distancing. This is a conversation to be had with your employer to hopefully come to an agreement that you are both happy with.



What is **SELF ISOLATION** and what should I do or not do?

You **MUST** stay at home and **NOT** leave the house. If possible, you should not go out even to buy food or other essentials. If you need to leave the house to do some exercise, it must be at a safe distance from others (more than 2 metres away).

More info here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
<https://111.nhs.uk/covid-19>

What is **SHIELDING** and what should I do or not do?

You are strongly advised to stay at home at all times and avoid any face-to-face contact, with anyone, for a period of at least 12 weeks. This period of time may change.

More info here:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

What is **SOCIAL DISTANCING** and what should I do or not do?

Please note that this applies to EVERYONE who is not in self isolation or shielding.

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. Your employer should support you to do this.
4. Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
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

More info here:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>