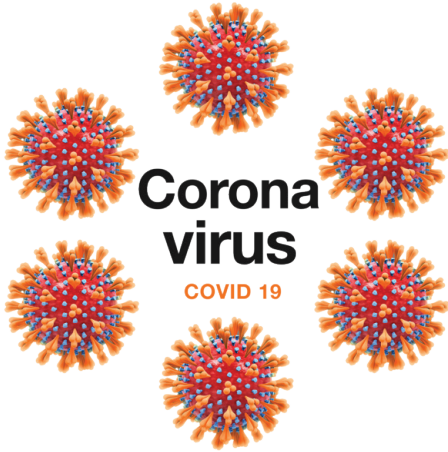


Coronavirus isolation



You are probably hearing a lot about **Coronavirus**.

It is also called **COVID-19**.



It is making some people very sick.



The government, doctors and Endeavour Foundation want to help **keep you safe**.

Coronavirus isolation



Because of the Coronavirus **you might need to go in to isolation.**



Coronavirus isolation is a set of rules.

Doctors and Government made up these new rules to keep you and the people around you **safe.**

It can also be called:

- **Social isolation**
- **Self isolation**
- **Isolate**



Coronavirus isolation is **different to social distancing.** Isolation is more **serious.**

Coronavirus isolation

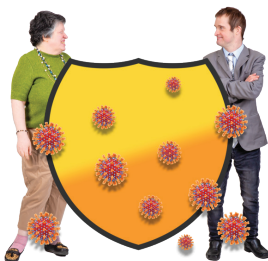


Coronavirus isolation is important.

Isolation can help keep you safe.



Like the flu Coronavirus can spread from one person to another person.



If you isolate you are less likely to:

- **Get Coronavirus**
- **Spread Coronavirus**



NDVR
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Foundation

The government, doctors and Endeavour Foundation want to keep you safe.

Coronavirus isolation



These people can make you isolate:

- **Your doctor**
- **The government**



You can also **choose** to isolate.



If you are not sure if you need to isolate you should **speak to someone you trust.**

Coronavirus isolation



If the government or a doctor tells you to isolate, **these are the rules:**

- You need to stay at home.
- You can only have essential visitors. This means people like support workers.
- You can not have friends over.
- You will need to isolate for at least 14 days.

These rules are very serious.

If you break these rules you could get in to trouble.

Coronavirus isolation



If the government or a doctor tells you to isolate

- **And you are sick**
- **And you live with other people**



You will need to:

- **Use a different bathroom** if you have one.

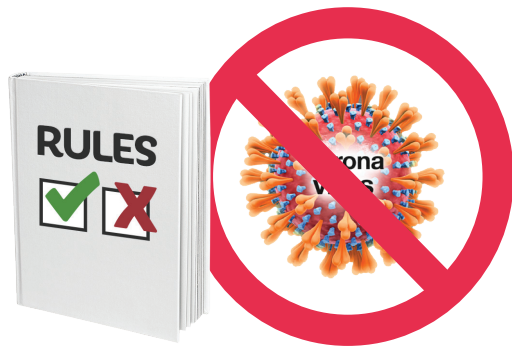


- **Stay by yourself** as much as you can.



- **Wear a mask** if you have one when you are around people.

Coronavirus isolation



Coronavirus isolation is **not forever.**

The rules are here so we can **stop** Coronavirus.



We do not know when Coronavirus will go away.



If you are asked to isolate **it does not mean you have done anything wrong.**

Anyone can be asked to go in to Coronavirus isolation.

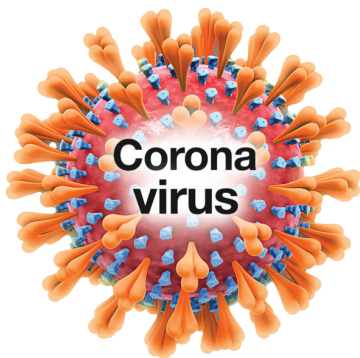
Coronavirus isolation



We know this is hard.

It is a big change.

It is not what we are used to.



It will not be like this forever.

We just need to do it now because of the Coronavirus.

Coronavirus isolation



If you feel scared, nervous or unsafe, please speak to someone you trust.

It's OK to feel like this.

It's OK to talk about your feelings.



If you want to talk to someone from Endeavour Foundation you can call **1800 112 112**.