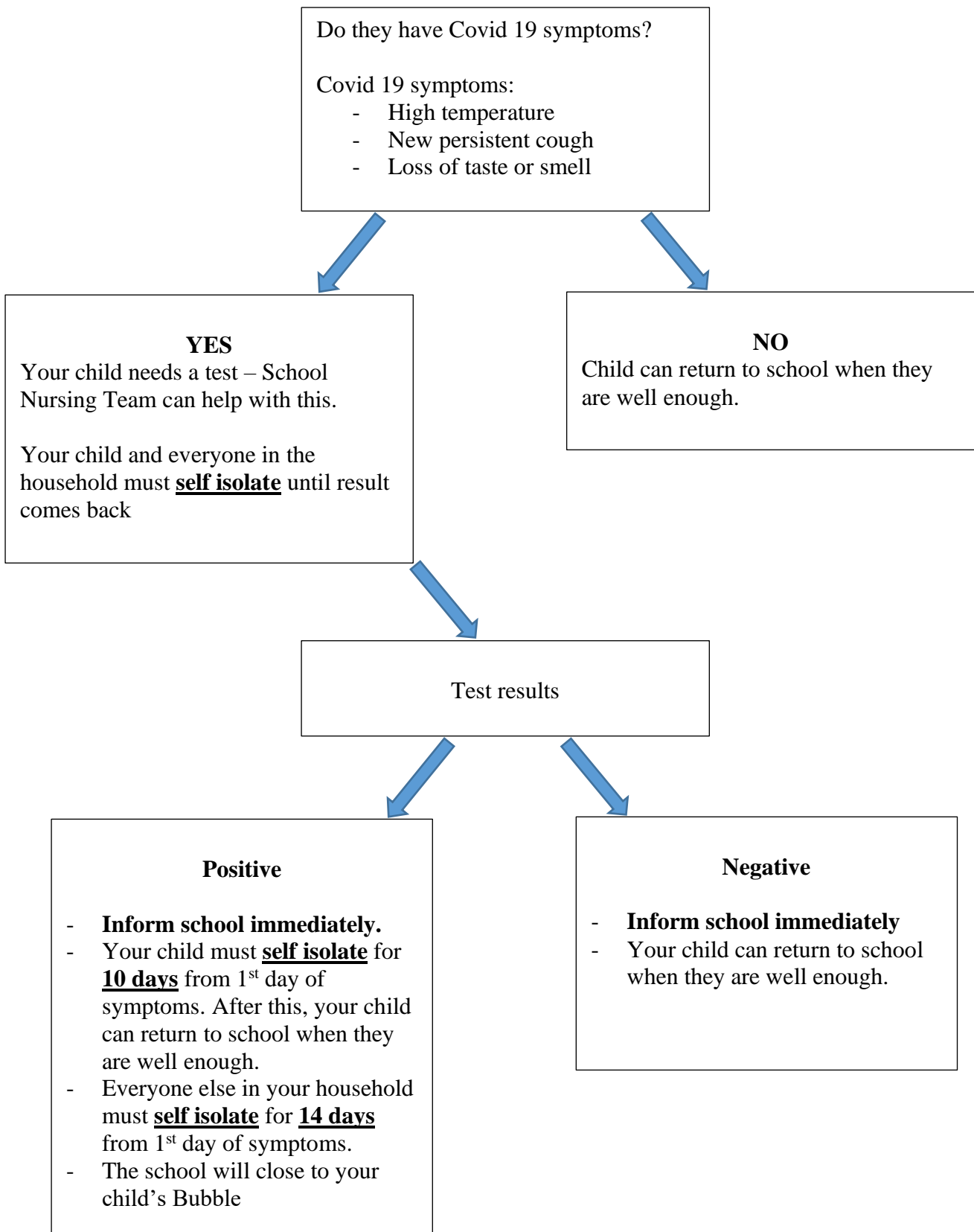


## MY CHILD IS ILL



**Self isolate** – this means that you must not leave your house other than to go to take a test if you need to have one. If the whole household is isolating, then you need to arrange for food deliveries etc. as you cannot go out to the shops. You cannot go to the park, to visit other people and other people cannot visit you. **You must stay at home to prevent the spread of the virus.**