Coronavirus can spread very easily and quickly between people.

If I have seen someone with a persistent cough or a high temperature, I need to self isolate with my family for 14 days.

This means I will stay at home for 14 days and not seeing anyone that I don't live with.

I can go into the garden for fresh air and play, and this is ok.
It is ok to not see my friends and some of my family face-to-face for now, I can talk to them through Whatsapp and facetime.

When 14 days are gone, I can go out to open spaces once a day again.