

**Consider the risk - personal safety bubble.**

**How much danger or threat is there surrounding our environment that could penetrate the safety bubble?**

Remember how we keep ourselves safe whilst achieving our life goals and aspirations.

**Who have you met up with in the last 14 days?**

Low risk – Been adhering to lockdown procedures, and exercising regime and lives in a healthy household.

High risk - Front line medical/emergency staff who are working on C-19 wards or exposed to C-19 environment.

**If you do become unwell you will need to self-isolate in line with government guidance. It is responsible to contact anyone you have been in contact with to tell them and for them to self-isolate too.**

**Why you should stay at home?**

<https://youtu.be/RD6mEJbeJYw>

**Symptoms & main messages.**

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