- Aches and pains
- Coughing
- Fever
- Sore throat
- Trouble Breathing
- Feeling tired
## COVID-19 self isolation

<table>
<thead>
<tr>
<th>Scared</th>
<th>Lonely</th>
<th>Worried</th>
<th>Ok</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pets</td>
<td>Family</td>
<td>School</td>
<td>Crowds</td>
</tr>
<tr>
<td>News</td>
<td>NHS 111</td>
<td>Doctors</td>
<td>Carer</td>
</tr>
<tr>
<td>No</td>
<td>Don't understand</td>
<td>Repeat</td>
<td></td>
</tr>
</tbody>
</table>

### Hand Hygiene

1. **Alcohol Gel**
2. **Cough**
3. **Sneeze**
4. **Tissue**
5. **Bin**
6. **Dry Hands**
7. **Rinse Hands**
8. **Wash Hands**
9. **Wet Hands**