



# How to Cocoon?



Cocooning means staying in your house all the time.



This document tells you the rules for how to cocoon.



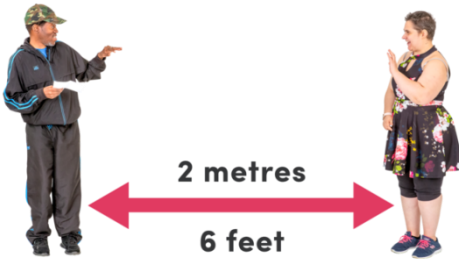
Do not go outside past your garden.



Stay away from groups of people in your home.



Do not have visitors to your home.



Stay 2 metres away from people you live with, if you can.



It is ok to be near staff when they are supporting you.



You can go to your door or garden only.



Staff will get you the things you need, like food and medicine.



You can telephone your friends and family. Staff will help you.



You can video chat with your friends and family. Staff will help you.



Do things you like to do at home.



You can exercise in your house or garden.



Stay safe at home.