

## What is self-isolating?

Self-isolating means cutting yourself off from the rest of the world.

From now on, if one person in a household starts to display flu-like symptoms - defined as a fever of above 37.8C or a persistent cough - everyone living there must stay at home for 14 days.

He said that meant avoiding leaving the house "even to buy food or essentials", adding people could go out to do exercise, but only at a safe distance from others.

## Coronavirus: Key symptoms

