










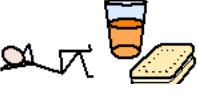











Occupational Self Isolation Plan

 Morning	 Afternoon	 Evening
 <p>Get up</p>	 <p>Dinner</p>	 <p>Tea</p>
 <p>Self Care</p>	 <p>Choose activity from list</p>	 <p>Choose activity from list</p>
 <p>Breakfast</p>	 <p>Break/Drink</p>	 <p>Break/Drink</p>
 <p>Choose activity from list</p>	 <p>Choose activity from list</p>	 <p>Choose activity from list</p>
 <p>Break/Drink</p>	 <p>Choose activity from list</p>	 <p>Supper</p>
 <p>Choose activity from list</p>		 <p>Self Care</p>
		 <p>Bed</p>