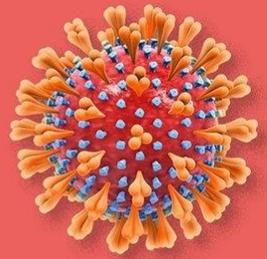


Coronavirus

What if you get ill?



If the NHS think you have coronavirus, they may tell you to

- * Stay at home
- * Avoid people
- * Plan for 2 weeks

Self Isolation



Ask someone to do your shopping

Closed

Tell people not to come in your house or room



Keep toilets, bathrooms and towels clean



Wash your hands a lot



If you are worried
DO NOT go to your GP
Stay home and phone
NHS 111

Coronavirus

How to stay safe



Coronavirus is a new illness spreading across the world. The symptoms are

- * **Fever**
- * **Cough**
- * **Trouble breathing**

Don't spread it



Wash hands regularly



Use a tissue for coughs and bin it

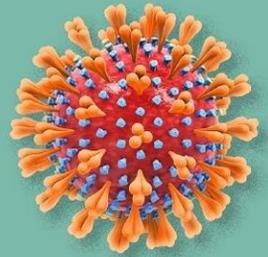


Don't touch your face or eyes with your hands



If you are worried
DO NOT go to your GP
Stay home and phone
NHS 111

Coronavirus and health issues



Take extra care if you are older or have health issues

- * Heart problems
- * Diabetes
- * Breathing difficulties

Things you can do



Stay away from crowds



Avoid sick people



Make a plan for if you get ill - your care, food & tablets



If you are worried
DO NOT go to your GP
Stay home and phone
NHS 111