

CORONAVIRUS

STAYING AT HOME

If you think you have the coronavirus, please do not attend your GP practice, pharmacy or hospital.

Visit the 111 online coronavirus service 111.nhs.uk/covid-19
This includes questions to answer, and will tell you if you need medical help and advise you on what to do next.

If you have a high temperature or a new and continuous cough - even if it's mild, you must stay at home for 7 days.

If you live with others and you or someone else in the household develops symptoms, everyone must stay at home for 14 days from the day the first person started having symptoms.

Do:

- ✓ try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ✓ ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- ✓ sleep alone if possible
- ✓ regularly wash your hands with soap and warm water for at least 20 seconds
- ✓ try to stay away from older people and those with long-term health conditions
- ✓ drink plenty of water and take everyday painkillers, such as paracetamol, to help with your symptoms

Don't:

- ✗ have visitors (ask people to leave deliveries outside)
- ✗ leave the house, for example to go for a walk, to school or public places

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**PROTECT
YOURSELF
& OTHERS**

For further information on self-isolation,
visit www.nhs.uk/coronavirus