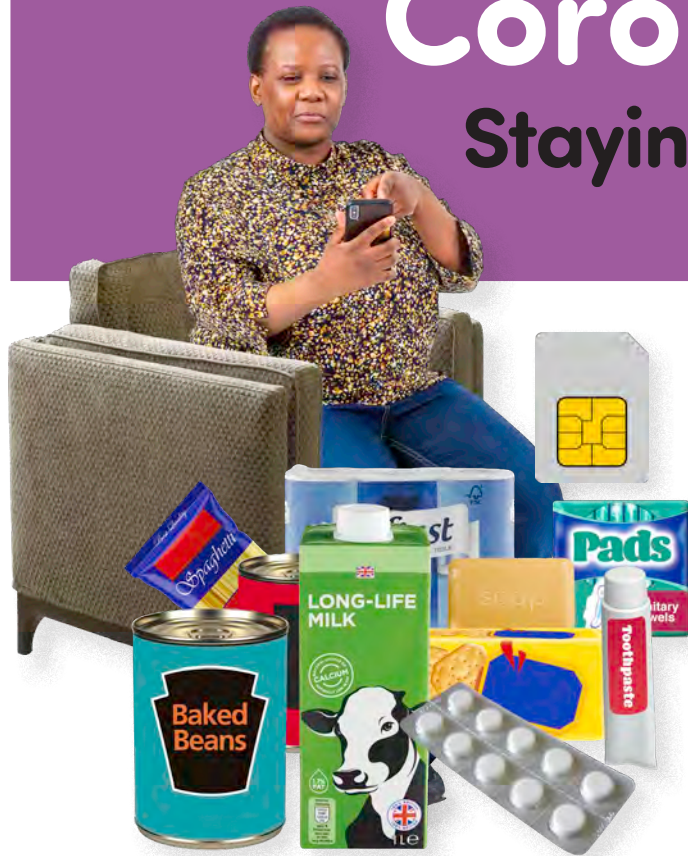
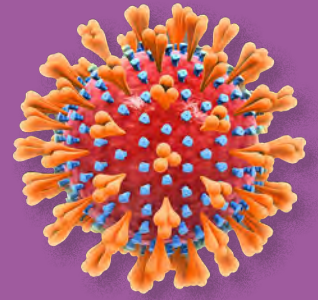


Coronavirus

Staying at home



You may need to stay at home for a while on your own. Make sure you have

- * Food and supplies
- * Medicine
- * Phone credit
- * Support

Taking care



Get a food delivery to your home



Use video chat to keep in touch

Do things you enjoy - music, puzzles, films

Exercise if you feel well enough

Don't be afraid to ask for help!

Help



If you are ill
Stay at home for 7 days
If you feel worse
Phone NHS 111
or visit 111.nhs.uk