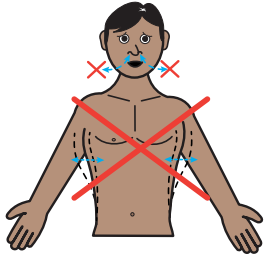


# Coronavirus. staying safe

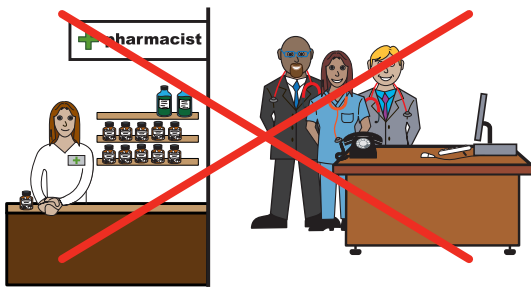


There is a new illness called **Coronavirus** that can affect your breathing.

**Stay at home if you have Coronavirus symptoms**



If you have a **cough**, **fever** or have a change or loss in **taste or smell**.



Do not go to your Doctor surgery, pharmacy or hospital.

You can phone them for help.



If your GP is closed then you can **Ring 111** or access the **NHS website** for further information.

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

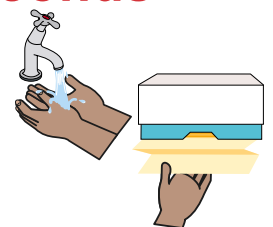
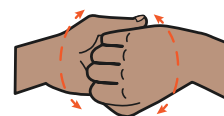
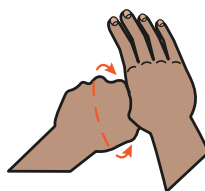


**Stay home for at least 7 days** or until the signs of being poorly have gone.



People who live with you need to **stay at home for 14 days**.

**Remember to wash your hands for 20 seconds**



# Coronavirus. Staying at home

## Staying at home and away from others

The most important thing we can **all** do to slow the spread of coronavirus is to **stay at home**

You must **only** leave your house for one of these reasons.

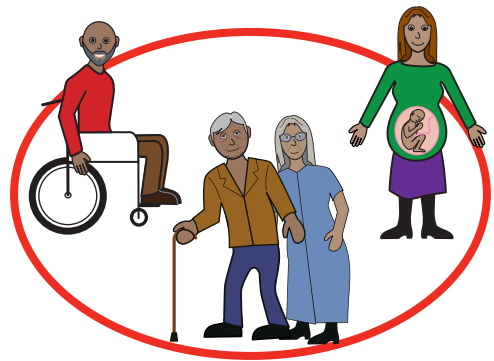
### Shopping for the basics

food and medicine, going out as little as possible.



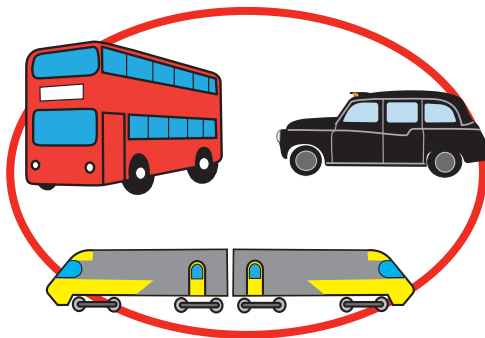
### Any medical need

to visit a pharmacy or to provide help to a vulnerable person'



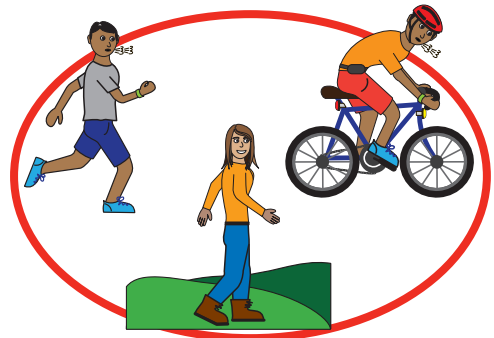
### Travelling to work

only when this absolutely cannot be done from home



### Take exercise

a run, walk, or cycle alone or with members of your household. Or one friend keeping 2m apart.



**Staying at home will protect the NHS and save lives**



You should keep **2 metres** away from anyone you don't live with.