

# Coronavirus



If you have symptoms of coronavirus, stay at home for 7 days from when your symptoms started



If you live with others and someone has symptoms, then everyone living there must stay at home for 14 days.



Plan ahead and ask others for help if you have to stay at home



Wash your hands regularly for 20 seconds, each time using soap and water



Where you can try to keep 2 metres (3 steps) away from other people if you need to go out

# STAYING AT HOME

You should only leave the house for one of four reasons.



Shopping for basic necessities, for example food and medicine, which must be as little as possible.



One form of exercise a day, for example a run, walk, or cycle - alone or with people who live in your house



Any important hospital appointments, or to provide care or to help a vulnerable person.



Travelling to and from work, but only where this absolutely cannot be done from home.

## It feels like flu, you may get:



A fever



A new cough

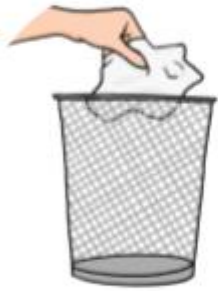


Difficulty with breathing

There is no vaccine at the moment. This means you can't get a jab to stop you getting it.



Catch it with a tissue or into your elbow



Bin it



Kill it by washing your hands with soap and water for 20 seconds



Try not to touch your eyes, nose and mouth with unwashed hands

This document is based on information from:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Updated daily where possible

Last Updated 24/03/2020