Coronavirus is a new illness spreading across the world. It is a bit like flu but can be more serious for some people.

If you have a
- fever and/or
- cough
everyone in your household must stay at home for at least 14 days. Do this even if it is mild.

Do not go to the GP, hospital or pharmacy.
Do not have close contact with older people and people with existing health conditions.

Call NHS 111 for advice.
Phone a friend or neighbour to get your shopping or medicines. They should leave your shopping at your door for you to collect. Do not share towels, clothes, toothbrushes or razors.

Everyone must stay at home

Even if you are well:
- ✔ Stay at home.
- ❌ Do not go to work, school or other public areas.
- ❌ Do not have visitors.
- ❌ Do not use taxis or public transport.

Only go out for essential shopping, medicines or exercise

You must keep your distance from other people
Stop it spreading

- Use a tissue for coughs and sneezes
- Put your tissue in the bin
- Wash hands after

Stop it spreading
You should also wash your hands more often.
Wash your hands with soap and water for 20 seconds. You can also use hand sanitiser.
Wash hands before eating and drinking. Also after coughing, sneezing and going to the toilet.

Avoid touching your face.