

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY HOME

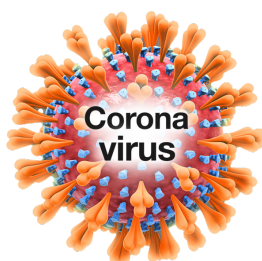


KEEP DISTANCE



WASH HANDS

CORONAVIRUS



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
- loss of smell or taste

everyone in your household must **stay at home** for at least 10 days.

Do this even if it is mild.

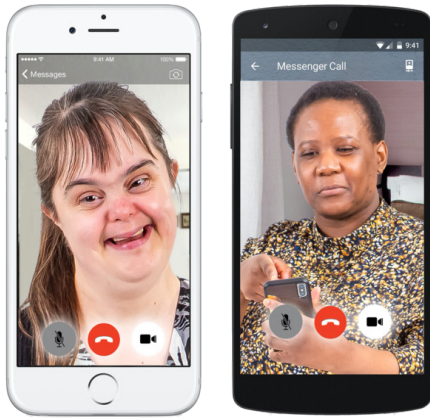


Do not go to the GP, hospital or pharmacy.

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

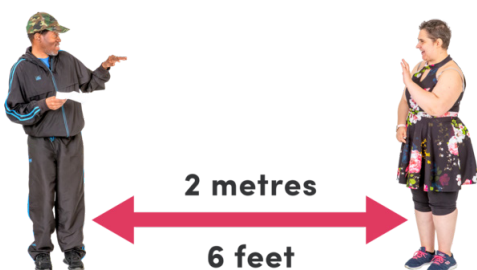


Even if you are well:

- ✓ 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**



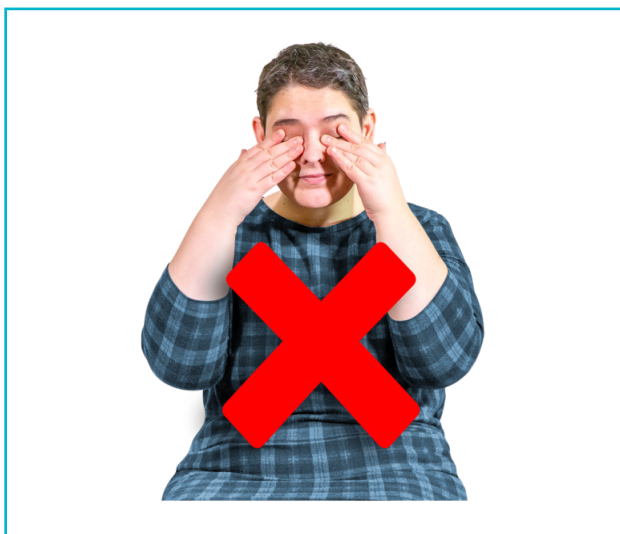
**Wash hands
after**



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.