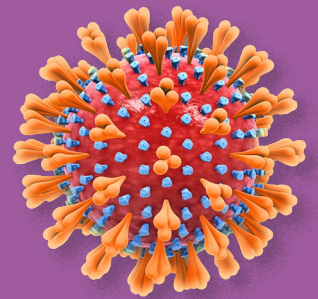


# Coronavirus

## Staying at home



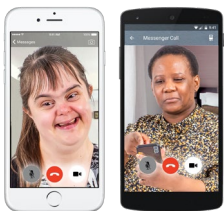
You may need to stay at home for a while on your own. Make sure you have

- \* 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](https://111.nhs.uk)