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!

CALL 111

If you are ill
Stay at home for 7 days
If you feel worse
Phone NHS 111
or visit 111.nhs.uk