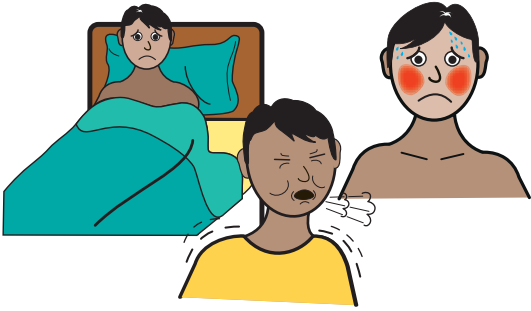


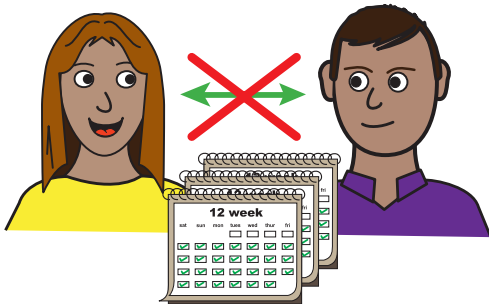
coronavirus. Key points



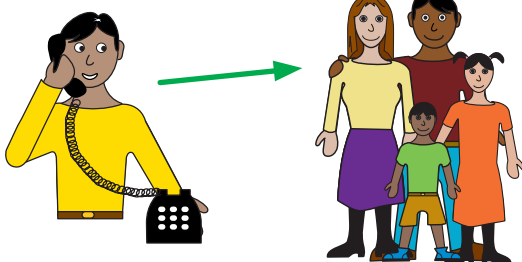
If you catch coronavirus (covid19) you could become very ill



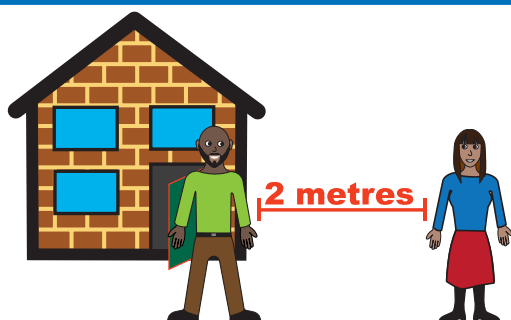
Stay at home



Avoid face to face contact for 12 weeks- only have contact with carers and healthcare workers



Contact friends, family or carers by phone. They can get food and medicines for you.



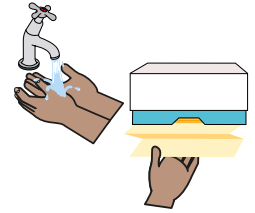
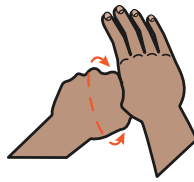
People you live with should also follow strict social distancing guidance

coronavirus. Key points



If you feel unwell call 111 straight away

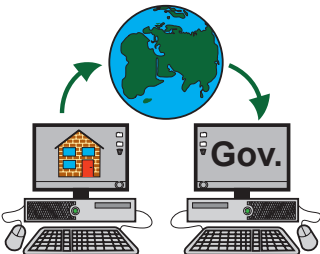
Wash hands regularly with soap and water for 20 seconds



If you have health appointments, the hospital or clinic will contact you



Try to do things which make you feel better- eating healthy food, exercise at home, reading, cooking or other indoor activities.



If there is no one to help you, go to

www.gov.uk/coronavirus-extremely-vulnerable