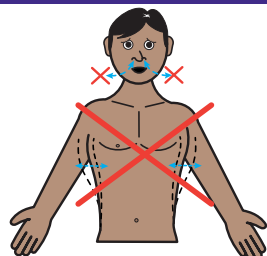
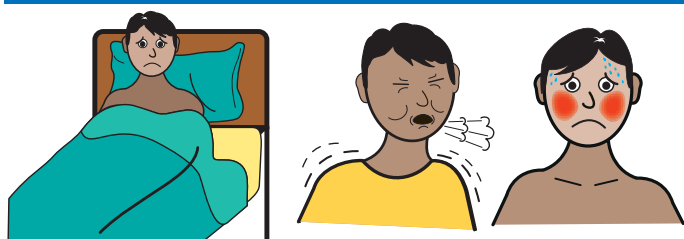


coronavirus. staying safe

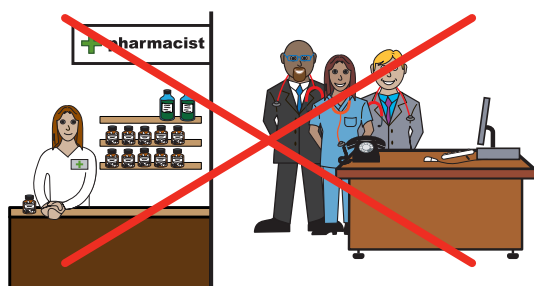


There is a new illness called **coronavirus** that can affect your **breathing**.

Stay at home if you have coronavirus symptoms



Don't feel well, have a cough or fever

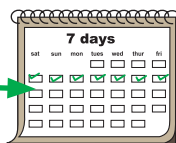


Do not go to your Doctor surgery, pharmacy or hospital.



Either you or someone you know can **Ring 111** or access **nhs website** for further information.

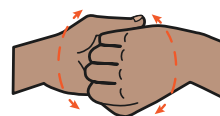
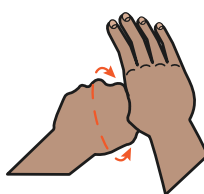
www.nhs.uk/conditions/coronavirus-covid-19/
www.gov.uk/coronavirus



Stay at home for 7 days and whoever lives with you **stays home for 14 days**



Remember to wash your hands for 20 seconds



coronavirus.

Staying at home

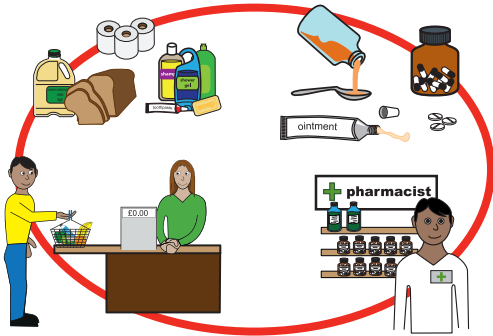
Staying at home and away from others

The most important thing we can **all** do to slow the spread of coronavirus is to **stay at home**

You must **only** leave your house for one of these reasons.

Shopping for the basics

food and medicine, going out as little as possible.



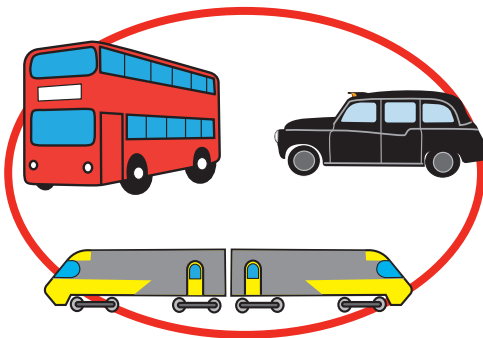
Any medical need

to visit a pharmacy or to provide help to a vulnerable person'



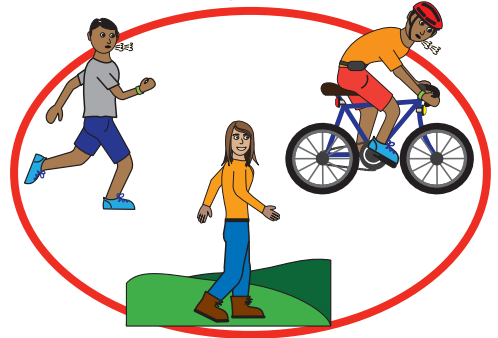
Travelling to work

only when this absolutely cannot be done from home

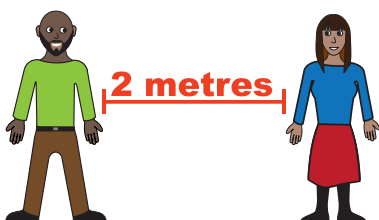


One kind of exercise a day

a run, walk, or cycle alone or with members of your household.



Staying at home will protect the NHS and save lives



You should only be outside for a short time and keeping **2 metres** away from anyone outside of your house.