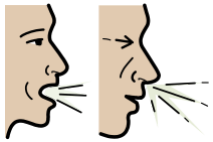
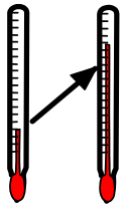
live alone

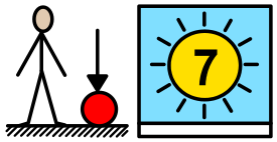
feeling unwell


cough sneezes


hot

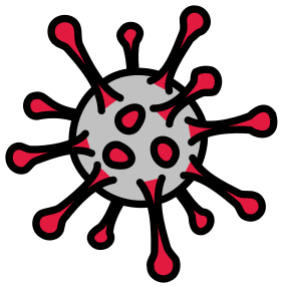
call 111

advise

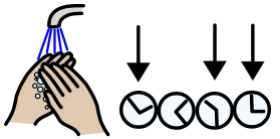


stay at home 7 days

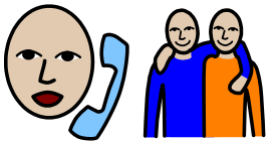
drink lots of water


Beating COVID-19

paracetamol


wash hands often

tissues

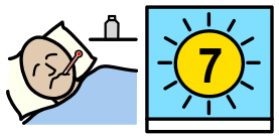

ring friend

help

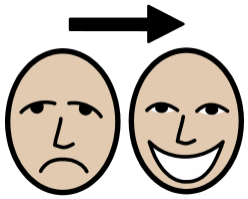
safety

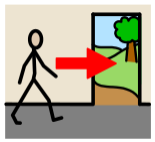
bring food medication

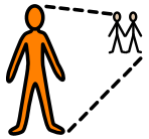
cook and clean



ill in bed 7 days


feel better


go for a walk


social distancing

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