

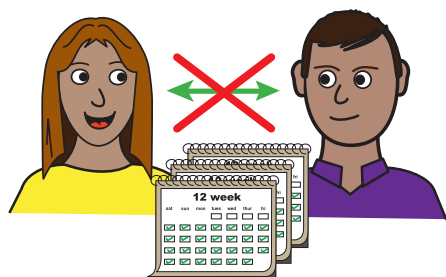
Coronavirus. Key points



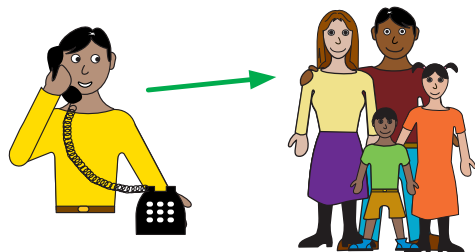
If you catch coronavirus (covid19) you could become very ill



Stay at home



Your GP may contact you to say that you need to avoid face-to-face contact with people for 12 weeks.



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 2m is about 2 shopping trolleys.

Coronavirus. Key points

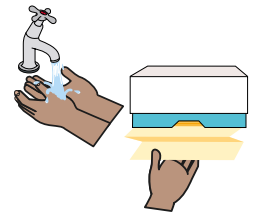
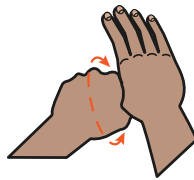


Contact your **GP**.

If you are unable to contact your GP please **contact 111**.

In an emergency please call **999**.

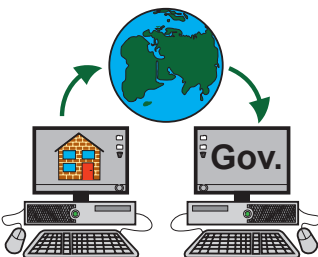
Wash hands regularly with soap and water for 20 seconds



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, reading, cooking or other activities.



If there is no one to help you, go to

www.gov.uk/coronavirus-extremely-vulnerable