Coronavirus
What if you get ill?

If a nurse or doctor thinks you have coronavirus, they may tell you to:

* Stay at home
* Avoid people
* Plan for 2 weeks

Self Isolation

- Ask someone to do your shopping
- Tell people not to come in your house or room
- Keep toilets, bathrooms and towels clean
- Wash your hands a lot

If you are worried DO NOT go to your GP
Stay home and phone
0800 358 5453