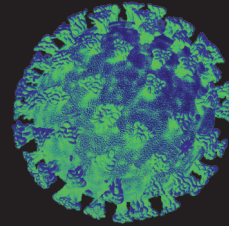




# Coronavirus

## Isolate yourself

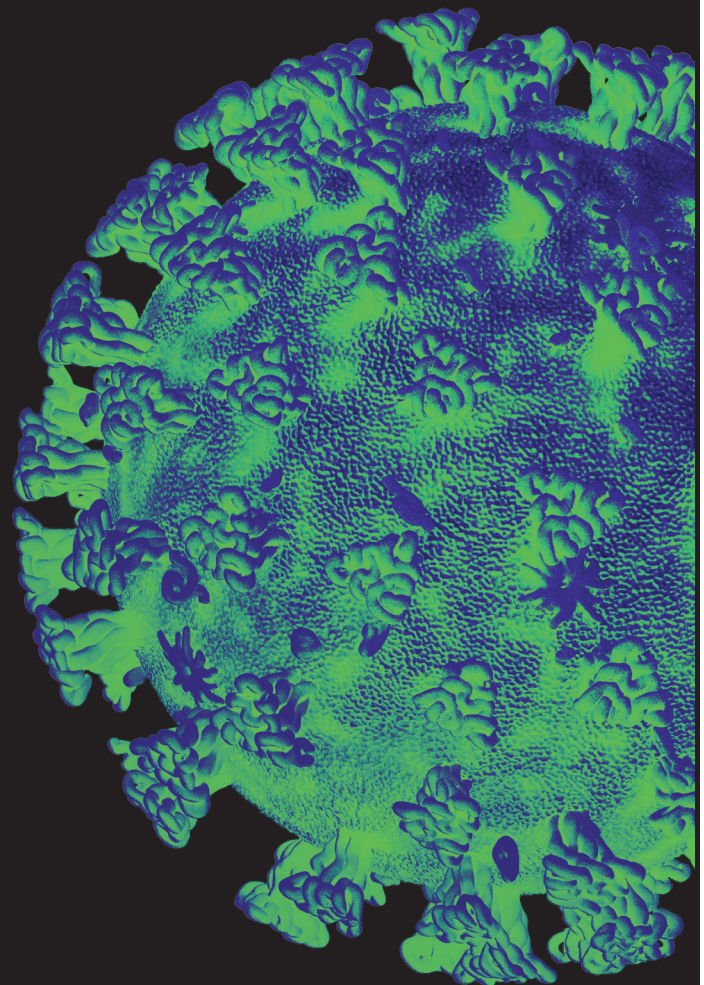
## Stay at home



If you have a high temperature or a new and continuous cough – even if it's mild

- ✓ **Stay at home** for 7 days from the first symptom and keep away from others.
- ✗ **DO NOT** go to the GP or hospital.
- ✓ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✓ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate at home at  
[nhs.uk/coronavirus](https://nhs.uk/coronavirus)



CORONAVIRUS

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**



# Stay at home guidance

## Stop the spread of coronavirus

- **Plan ahead** and ask your employer, friends and family to ensure that you can successfully stay at home.
- **Stay at least 2 metres** (about 3 steps) away from other people in your home whenever possible.
- **Use separate facilities** in your home as much as possible. Sleep alone and use a separate bathroom, if available.
- Have food, medication and other **supplies delivered to you.**
- **Do not share** cups, eating utensils, towels, bedding or other items with other people in your home.
- **All waste**, including used tissues, should be put in a rubbish bag and then placed in a second bin bag and tied.
- **Stay away from vulnerable individuals** such as the elderly and those with underlying health conditions as much as possible.
- **Do not have visitors** in your home.

### CORONAVIRUS

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**

**Wash your hands more often and for 20 seconds**

**Use soap and water or a hand sanitiser when you:**

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

**Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away.**