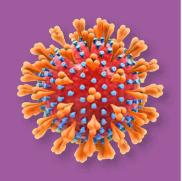
## Coronavirus Staying at home





## **Taking care**

You may need to stay at home for a while on your own. Make sure you have

- \* Food and supplies
- \* Medicine
- \* Phone credit
- \* Support



Get a food delivery to your home



Use video chat to keep in touch



Do things you enjoy - music, puzzles, films

Exercise if you feel well enough

Don't be afraid to ask for help!



If you are ill Stay at home for 7 days If you feel worse Phone NHS 111 or visit 111.nhs.uk