

Symptoms.

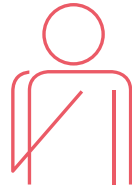
Fever.



Cough.



Shortness of breath.



These symptoms do not necessarily mean you have the virus. Please call 111 if you need to speak to a health specialist.

Take care of your health and wellbeing.

For those with symptoms of the infection.



Get plenty of rest.



Drink enough fluids.

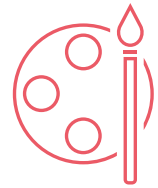


Take medicine as advised by NHS.

For everyone in self-isolation.



Keep in contact with family & friends by phone, video & online.

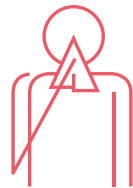


Carry on hobbies and exercise within your home.

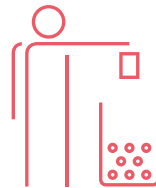
Prevent the spread of infection.



WASH HANDS FREQUENTLY with soap and water or use hand sanitiser.



Catch coughs and sneezes with **DISPOSABLE TISSUE**.



THROW AWAY USED TISSUES (then wash your hands).



STAY IN YOUR HOME, do not go to work, school or other public areas.



DO NOT HAVE VISITORS in your home or accommodation.



Have food, medication and other supplies delivered **WHERE POSSIBLE**.



Prevent the spread of Coronavirus.