

Coronavirus if you get ill

If you have symptoms of coronavirus:

- Stay home for 7 days
- Keep away from other people
- Get tested (Go online or text 119)

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 more frequently.

If you feel ill stay at home and phone your GP or get advice from 111.

In an emergency call 999.

