



# Coronavirus

## Stay at home if you are ill



If you or anyone you live with has a temperature or a cough you must all:



- stay at home for 10 days



- keep away from other people



You must not go to your GP, pharmacy or hospital.



If you need help go to **nhs.uk** or if you feel worse call **NHS 111**

Find out more about staying at home at **nhs.uk/coronavirus**

CORONAVIRUS

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**