

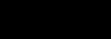
Coronavirus Isolate your household Stay at home

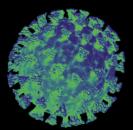
If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- Everyone in your household must stay at home for 14 days and keep away from others.
- **DO NOT** go to your GP, hospital or pharmacy.
- 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 your household at **nhs.uk/coronavirus**









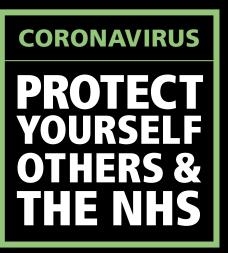
Stay at home: Guidance for households

Stop the spread of coronavirus

- **Do not go** to work, school or public areas.
- **Do not have visitors** in your home, including family and friends.
- Have food, medication and other **supplies** delivered to you.
- If possible, you should not go out even to buy food or other essentials, other than exercise, and in that case at a safe distance from others.
- If you cannot move any vulnerable family members out of the household, minimise as much as possible the time spent in shared spaces such as kitchens, bathrooms and sitting areas.

If you live with a vulnerable person:

- Aim to keep 2 metres (3 steps) away from them whenever possible.
- Use separate facilities in your home as much as possible. Sleep alone and use a separate bathroom, if available.
- **Do not share** cups, eating utensils, towels, bedding or other items with them.



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.