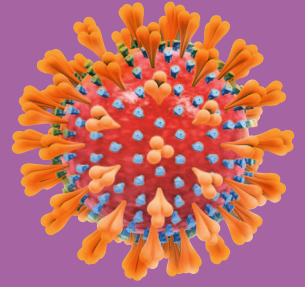


Coronavirus

Being on your own



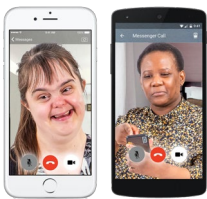
If you are on your own
make sure you have

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

Taking care



Get a food
delivery to your
home



Keep in touch
with people



Do things you
enjoy - music,
puzzles, films

Exercise if you
feel well enough

Don't be afraid
to ask for help!

Help



If you feel ill stay home
and phone your GP
or get advice from 111
In an emergency call 999