

# If you, or any member of your household, are suffering from any of the following Coronavirus symptoms:

- a new continuous cough
- a high temperature



You, and all members of your household, must stay away from other people for 14 days.

If you live alone - you must self isolate for at least 7 days, and the symptoms have stopped.

Stay at least two metres (three steps) away from people.

If you are over 70, suffer from a pre-existing condition, or are pregnant, please stay at home and avoid all social contact.

**DO NOT** go to a GP, Pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Please visit the NHS 111 online service for further advice - do not phone 111 unless you are unable to cope with the symptoms at home in order to ease the burden on our NHS