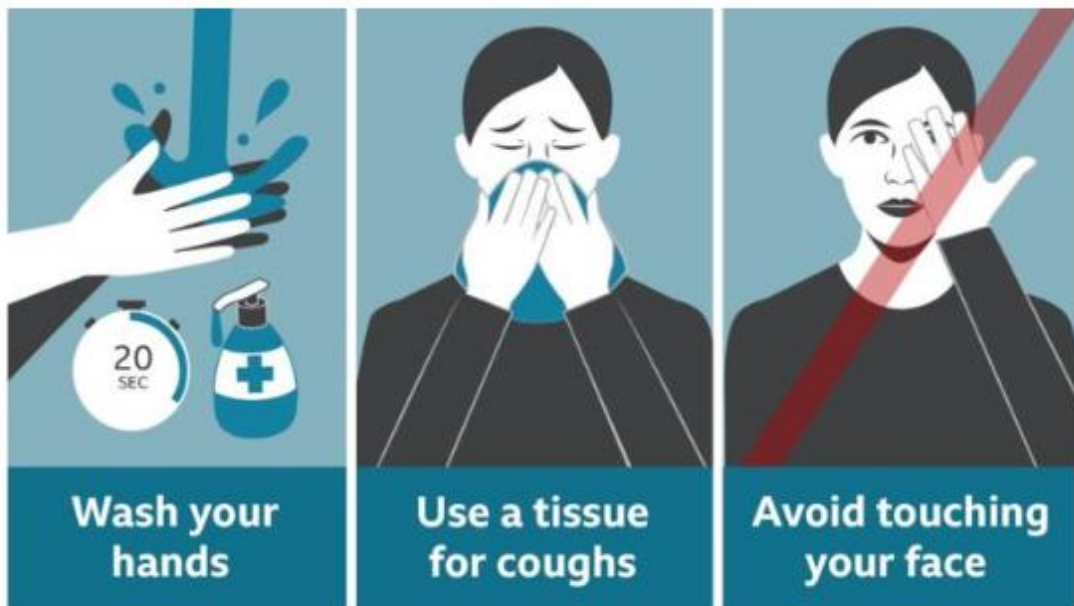


Coronavirus information: What should I do?

🕒 24 March 2020

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Coronavirus pandemic



Prime Minister Boris Johnson has announced new rules people have to follow to help tackle the coronavirus emergency.

How can I help to slow the spread of the virus?

How can I help to slow the spread of the virus?



Stay at home – no unnecessary journeys or social contact



Only leave home for essential shopping, medical needs and exercise once a day



You can travel to and from work if absolutely necessary



Public gatherings of more than two people are banned - excluding people you live with



Don't visit other people's houses or socialise outside your home



**Police will be able to fine you if
you don't follow the rules**



**If unwell, isolate yourself and
your family**



How can I try to stay well?



**Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel**

• [VIDEO: The 20-second hand wash](#)



**Use a tissue for coughs
and sneezes**

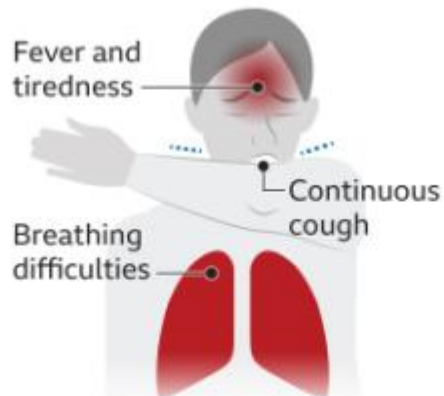


**If you don't have a tissue
use your sleeve**



**Avoid touching your eyes,
nose and mouth
with unwashed hands**

What are the symptoms - and what should I do if I feel unwell?



If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop



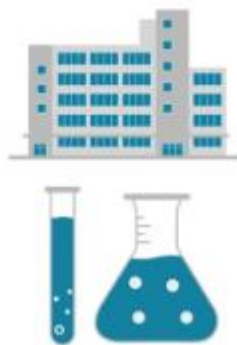
Stay at least three steps away from other people in your home if possible



**If your symptoms get worse or
are no better after seven days
seek medical advice**



**Use the online 111 coronavirus
service at 111.nhs.uk. In Northern
Ireland, call 111**



**You may be tested
for the virus at a hospital**