

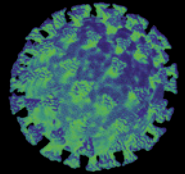


# Coronavirus

## Isolate your household

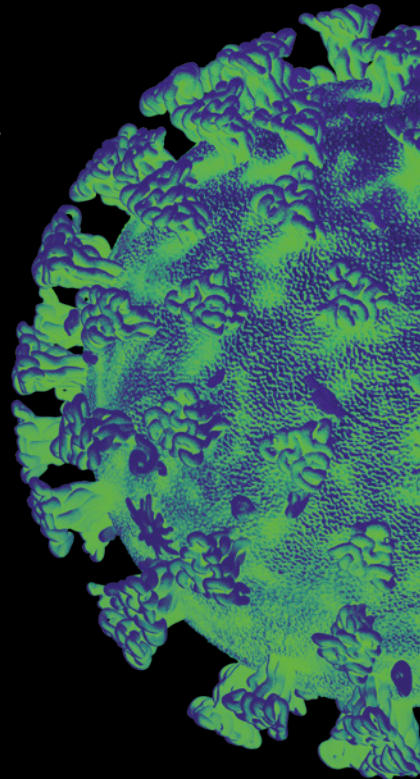
## Stay at home

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](https://nhs.uk/coronavirus)



**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**



# 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.

### CORONAVIRUS

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**

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.