

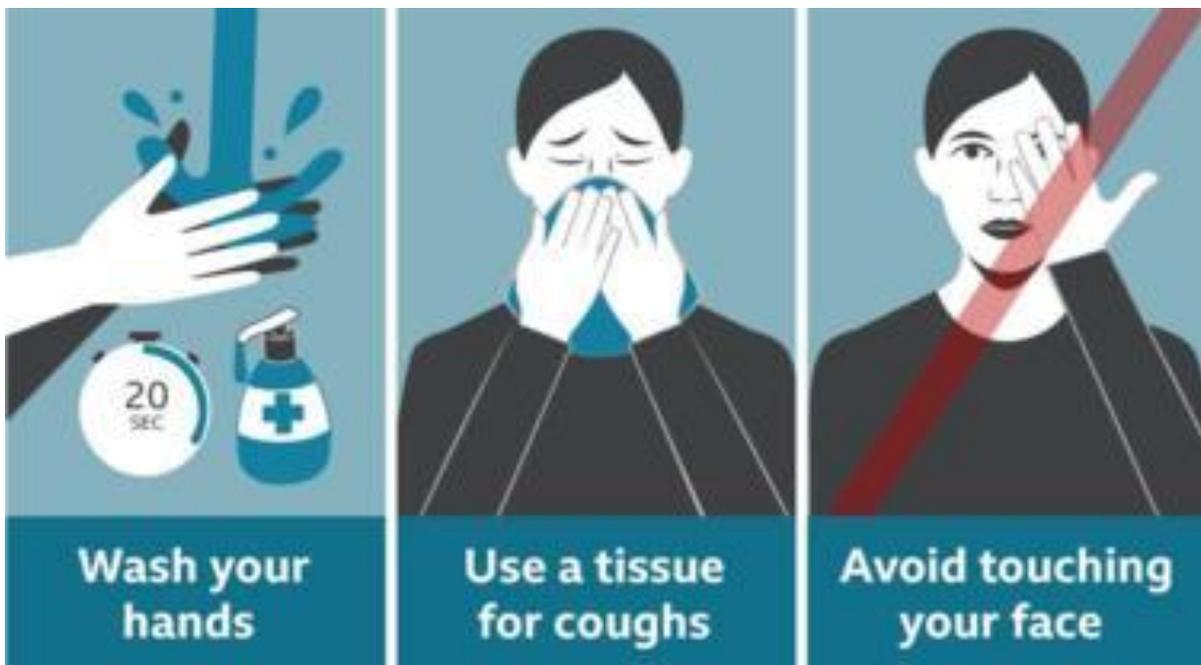
# CORONAVIRUS SELF HELP GUIDE



## Buy sensibly, don't stockpile!

There's enough to go round if we act like good neighbours. Think about others who can only carry or afford a little at a time. Look out for shopping times set aside for older people and tell them. Eat fresh fruit and vegetables to help boost your immune system.

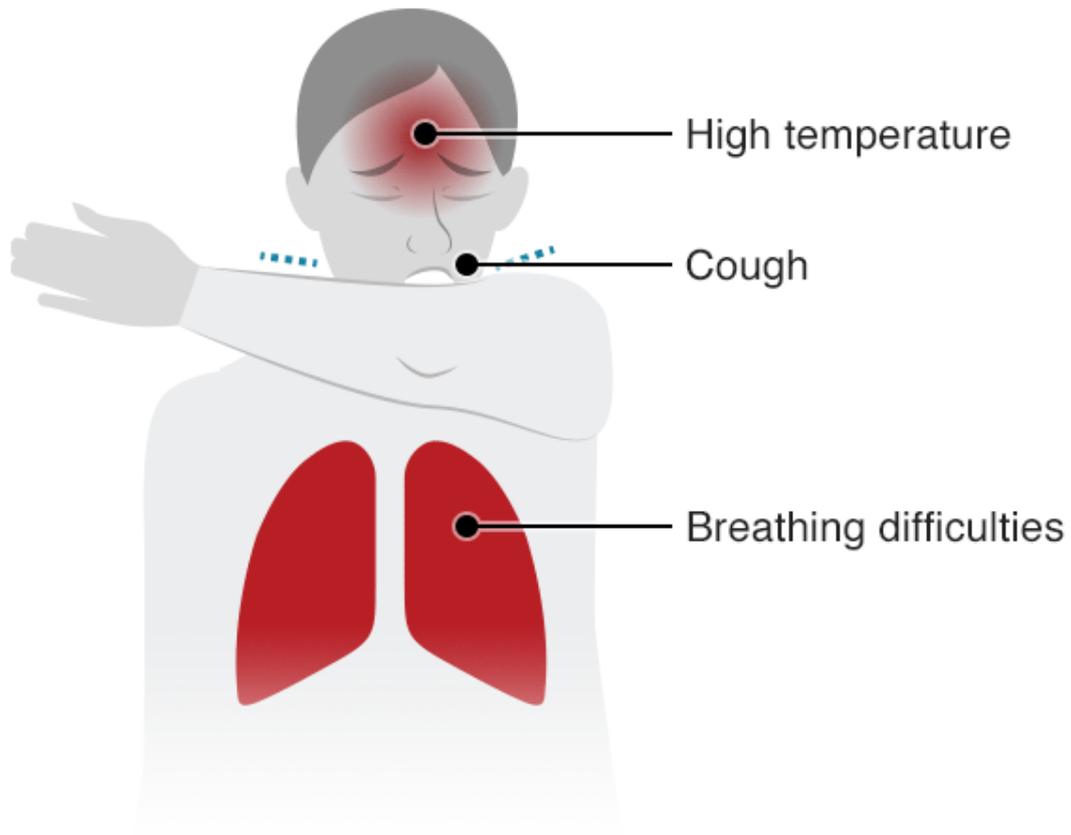
## Follow the hygiene rules:



**Wash your hands regularly and thoroughly for at least 20 seconds, using soap and hot water** – when you get in, and before eating or handling food.

**Catch coughs and sneezes in a tissue (or your sleeve), bin the tissue, then wash your hands.** Try not to touch your face as you go through your day.

# Coronavirus: Key symptoms



Source: NHS

BBC

The symptoms of coronavirus are:

- a new, continuous cough
- a fever/high temperature
- shortness of breath

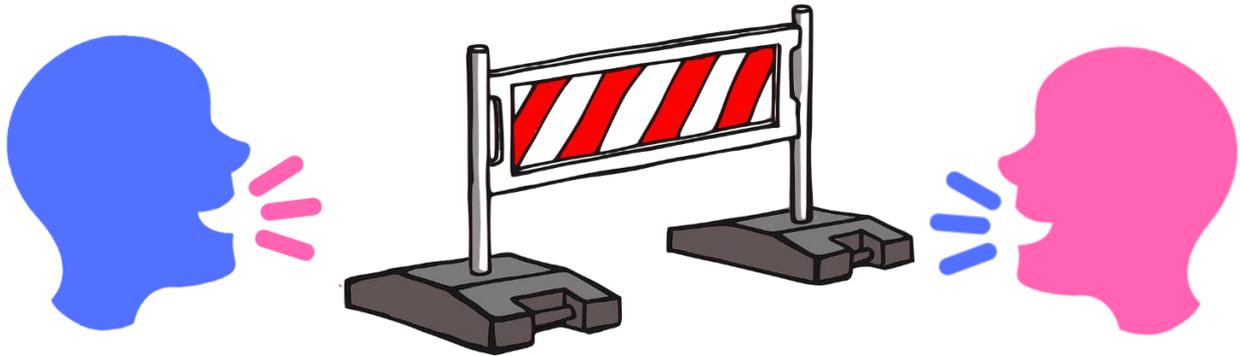
These symptoms are similar to those of many other illnesses and it doesn't mean you have coronavirus.

**If you do have a new continuous cough, fever/high temperature and shortness of breath, you must stay home for 7 days.** If the symptoms are mild, you don't need to go to the GP, pharmacy or hospital.

**Please note:**

**If your symptoms get worse or have not improved after the 7 days,** or if you can't manage the symptoms at home, use the [online 111 coronavirus service](#) for more advice or call your GP.

## Keep your distance:



Limit, considerably, your face-to-face contact with friends, family and others outside the home. This is especially important if you:

- are over 70
- have an underlying health condition
- are pregnant

If family and friends aren't around and you're feeling lonely, don't despair – there's always a friendly voice at the end of these free lines:

**Samaritans:** A safe place to talk any time, about whatever's affecting to you. Open 24 hours a day, 365 days a year. Call free on [116 123](tel:116123)

**The Silver Line:** A confidential helpline for older people, providing information, friendship and advice. Open 24 hours a day, every day of the year. Call free on [0800 4 70 80 90](tel:08004708090)

In the meantime, let's heed the government's continuing health advice, and take things one day at a time:

