

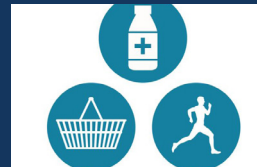
# Coronavirus Information: What should I do?



**PM Boris Johnson has announced new rules for the UK to follow**



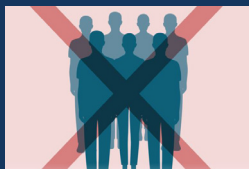
Stay at home. Make no unnecessary journeys or social contact



Only leave home for essential shopping medical needs and one form of exercise per day



You can travel to and from work if absolutely necessary



Public gatherings of more than 2 people are banned - excluding those you live with.



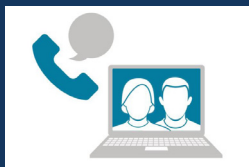
Don't visit other people's houses or socialise outside your home



You can be fined by the police if you don't follow the rules



If unwell, isolate yourself and your family



Keep in touch with one another



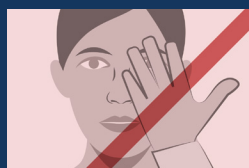
Wash hand for about 20 seconds with soap and hot water or use hand sanitiser



Use a tissue for coughs and sneezes

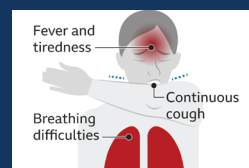


If you don't have a tissue, use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands

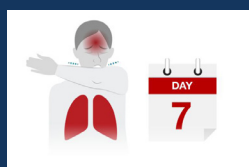
**What are the symptoms and what should I do if I think I have them?**



If you live with someone who has a 'new continuous' cough or high temp. stay at home for 14 days



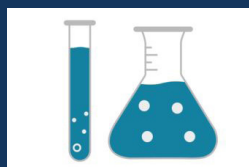
Stay at least 3 steps away from other people in your home if possible



If your symptoms get worse or are no better after 7 days, seek medical advice



Use online 111 coronavirus service at [111.nhs.uk](https://111.nhs.uk). In Northern Ireland call 111



You may be tested for the virus at a hospital

**Please help us all by following the rules and doing your bit to limit the spread of the virus.**

