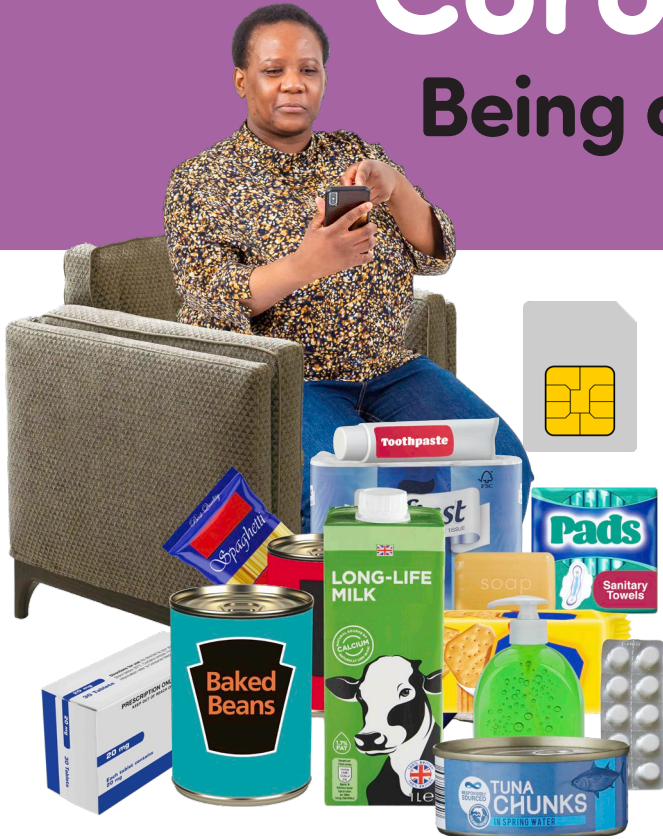
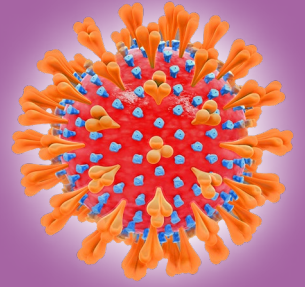


# Coronavirus

## Being on your own



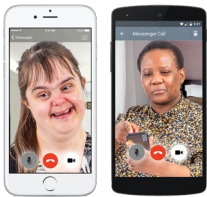
If you are on your own  
make sure you have

- \* Food and supplies
- \* Medicine
- \* Phone credit
- \* Support

## Taking care



Get a food  
delivery to your  
home



Keep in touch  
with people



Do things you  
enjoy - music,  
puzzles, films

Exercise if you  
feel well enough

Help

Don't be afraid  
to ask for help!



**If you feel unwell  
Stay at home  
Call 111 or your GP  
If life is in danger call 999**