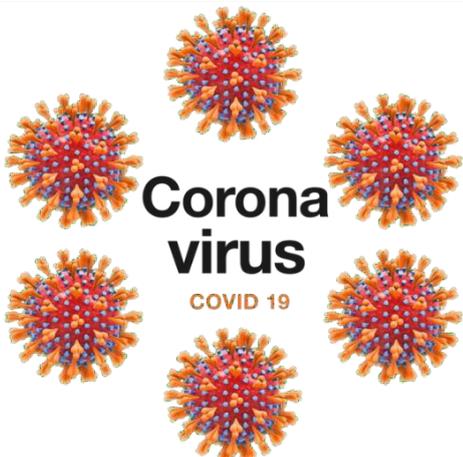


Coronavirus (COVID-19): advice on staying at home



March 2020

 <p>Corona virus COVID 19</p> The image shows several 3D models of coronavirus particles, which are spherical with a spiky surface. The text "Corona virus" is written in a large, bold, black font, and "COVID 19" is written in a smaller, orange font below it.	<p>COVID-19 is a new illness. Lots of people call it coronavirus.</p> <p>It can affect your lungs and your breathing.</p>
 A 3D rendering of a long, two-story red brick building with a gabled roof and several windows. The building is shown from a low angle, looking down its length.	<p>To stop coronavirus spreading people are being asked to stay at home as much as possible.</p> <p>This guide is about what you can do to be ready to stay at home.</p>



Plan ahead and think about what you will need while you stay at home, like food and medication.

Think about what you might be able to order online or over the phone to be delivered to you.



If you have care or support from other people, make a plan with them.

Your care and support will carry on if you need to stay at home.



If you work, you should be working from home if at all possible.

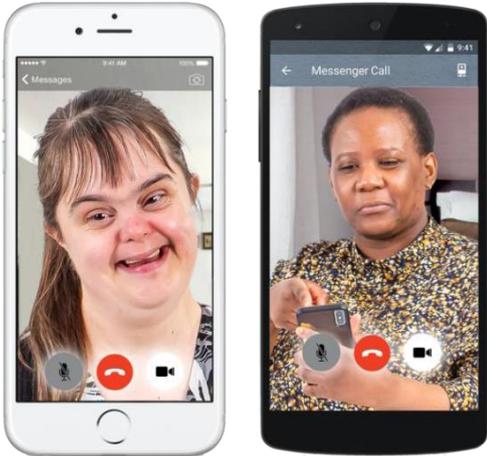
If you have a boss, talk to them about things you might need to work at home, such as a computer.



Ask friends, family and supporters for their help to get the things you will need to stay at home.

If you will be asking people to bring you things you need, tell them that they should leave them outside your door.

This includes delivery drivers who bring things you have ordered.



Make sure you have a plan to keep in touch with your friends and family. This might be on the phone or online.



Think about the things you would like to do while you stay at home. This might include:

- gardening

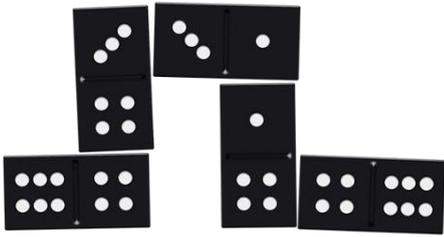


- watching films and television

- doing art

- listening to music

- doing puzzles



- playing games

- tidying



Remember that exercise is good for you.

Think about exercises you can do in your home or garden.



You can go for a walk outside if you stay more than 2 metres or 6 feet away from others.

Think about places where you might be able to do this. You can go out for exercise once a day.



Be clear in your plan about what you will do if you or someone you live with starts to feel ill. If this happens you should:

- get advice from [NHS Inform online](https://www.nhs.uk)
- if you need to speak to someone call 111

You should not go to a GP surgery, pharmacy or hospital as you could pass coronavirus to others