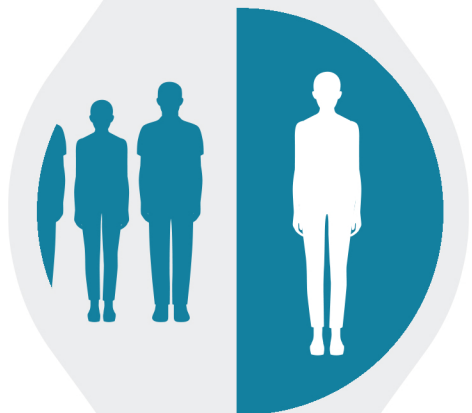




If I am unwell, what should I do?



Do not go to a GP surgery, pharmacy or hospital



If you have a 'new continuous' cough or high temperature you should self-isolate for 7 days and visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) for help



Anyone living with someone who has symptoms should stay at home for 14 days, in case symptoms develop



If symptoms worsen – use online 111 coronavirus service at [111.nhs.uk](https://www.111.nhs.uk)



The service will give you advice on what to do next