



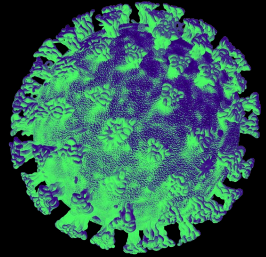
HM Government



CORONAVIRUS

STAY AT HOME

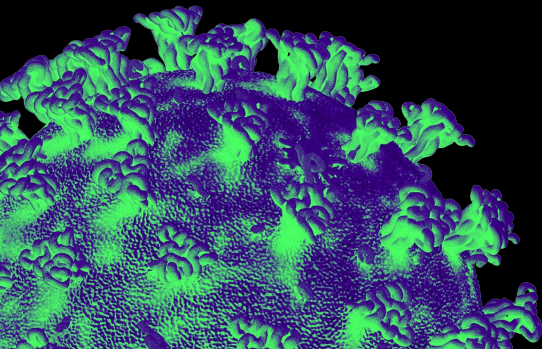
SAVE LIVES



Anyone can spread Coronavirus.

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family



CORONAVIRUS

STAY HOME
PROTECT
THE NHS
SAVE LIVES

If you feel unwell...

Continue to stay home and distance yourself from any other members of your household if:

- **You have a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **You have a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. All members of the household should stay at home.

You can use the online 111 service to find out what to do, visit: 111.nhs.uk

Together we can beat COVID-19...

For more information on how to volunteer in York you can:

Visit: www.york.gov.uk/COVIDVolunteering

Email: volunteering@york.gov.uk

Phone: 01904 551550

We're here to help...

If you do not have any support, but need it because of the impact of COVID-19, we may be able to help you through this difficult time.

To get help, please contact us by:

Email: covid19help@york.gov.uk

Phone: 01904 551550

We will help you get safe and effective support to see you through this difficult period.

