

# Coronavirus

Rethink  
Mental  
Illness.

## What if you get ill?

If the NHS think you have coronavirus,  
they may tell you to



Stay at  
home



Avoid  
people



Plan for  
two weeks

## Self Isolation



Ask someone to do your  
shopping

CLOSED

Tell people not to come in  
your house or room



Keep toilets, bathrooms and  
towels clean



Wash your hands a lot

If you are worried

**DO NOT** go to  
your GP

Stay home and  
visit NHS 111  
online at  
[111.NHS.uk](https://111.NHS.uk)

