

# Coronavirus

## and health issues

Rethink  
Mental  
Illness.

Take extra care if you are older or have health issues



Heart  
problems



Diabetes



Breathing  
difficulties

### Things you can do



Stay away  
from crowds



Avoid sick  
people



Make a plan for  
if you get ill -  
your care, food  
and tablets

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)



[111.NHS.uk](https://111.NHS.uk)