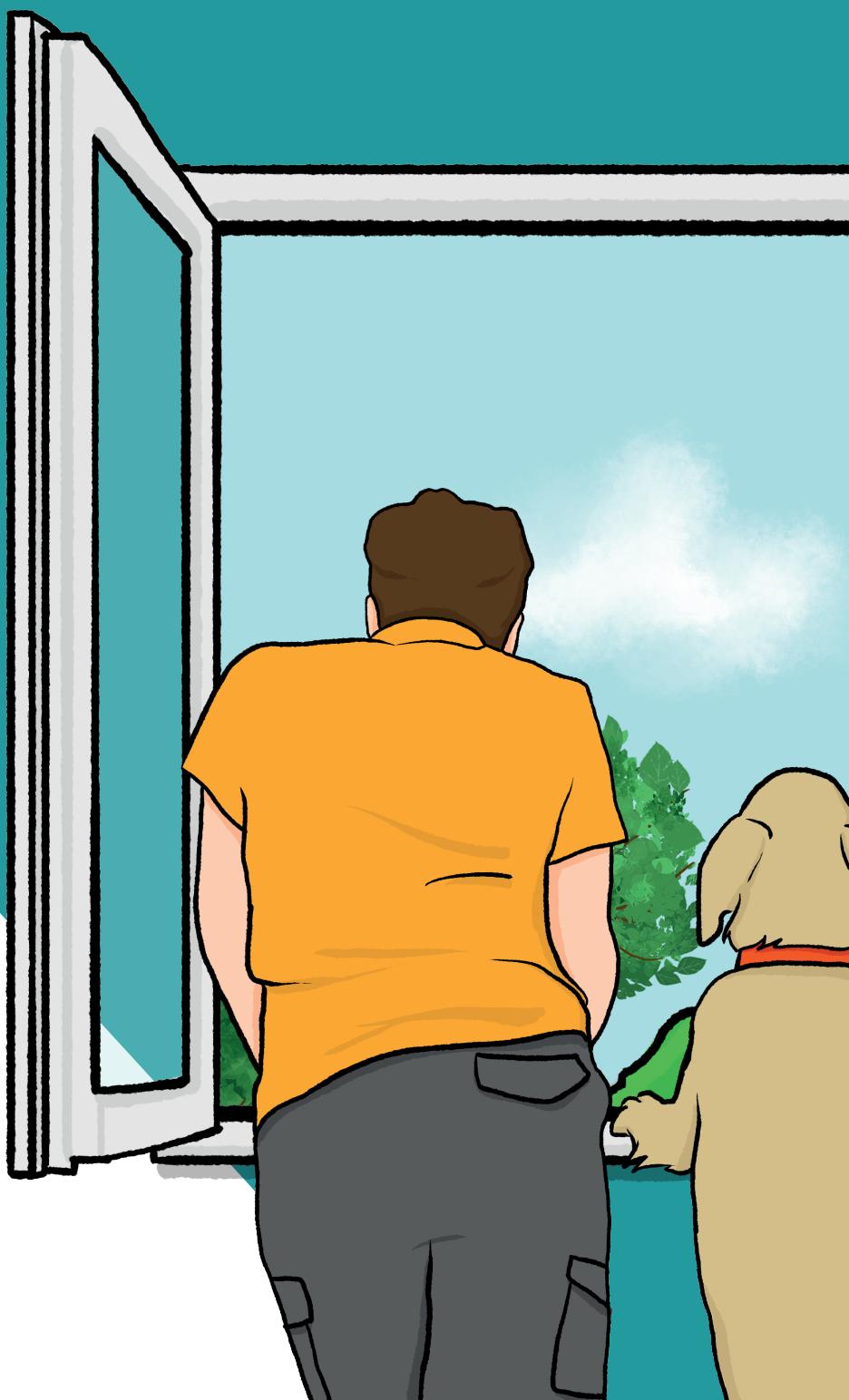


Stay at home

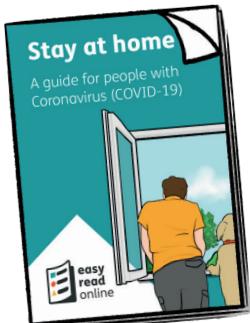
Advice about
coronavirus (COVID-19)



**easy
read
online**



This guide



This guide is about staying at home because of Coronavirus COVID-19.



We all have to stay home if possible.

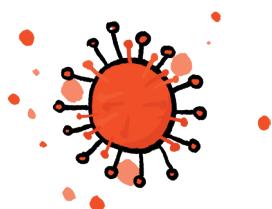


This Easy Read document is based on the government guidance on staying at home and away from other people.
Published 26 March 2020.

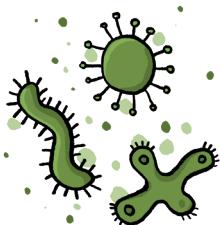
Coronavirus (COVID-19)



Coronavirus (COVID-19) is a new illness that can affect your lungs and breathing.



It is caused by a **virus** called Coronavirus.



A **virus** is a bug that gets into your body and can cause harm.



If you have caught COVID-19 you will get:

- A cough all the time
- A high temperature

Staying at home



Now we should all stay at home if possible.



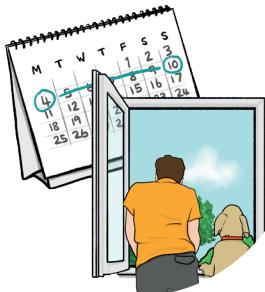
Stay at least 2 metres (3 steps) away from other people.



You can only leave the house to shop or exercise once a day.



Work from home if you can.

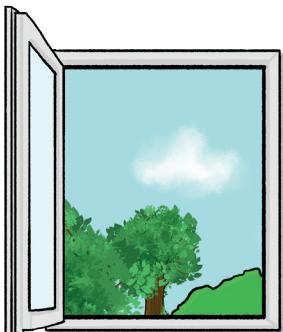


How long should you stay at home?
Check the latest advice online
nhs.uk/coronavirus

Staying at home if you are unwell



If you have symptoms of coronavirus (COVID-19) you must stay at home.



Stay in a room with a window that can be opened.

Try to keep the window open as much as you can.



Do not go out for a walk.



Keep washing your hands regularly.



Sleep in a separate bed if you can.



Do not share toothbrushes, cups, glasses, dishes, towels or bed clothes.



Do not share food and drink.



You can help yourself to get better by:

- Drinking plenty of water.



You should stay at home for 7 days after you started coughing or having a temperature.



After seven days you should be safe to see other people you live with. But you should check to make sure. Visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus).



If you have not got any better, contact **NHS 111** online.



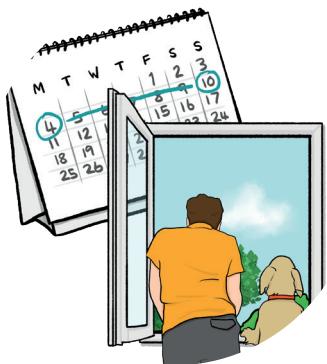
If you have no internet access, call **NHS 111**.



In an emergency phone 999.



Coughing may carry on for a few weeks for some people, even though the coronavirus has cleared.



Check how long to stay indoors, visit **nhs.uk/coronavirus**



Read our other Easy Read guides on coronavirus including tips for staying healthy and happy at home. Visit **stroke.org.uk/coronavirus**.

The Stroke Association would like to thank Easy Read Online for allowing us to use this resource. Visit **easy-read-online.co.uk**