

STAY AT HOME SAVE LIVES

For more information and advice:
www.sandwell.gov.uk/coronavirus

If you need help with food deliveries, medical supplies or anything else please call the Council's Covid-19 helpline on **0121 569 2266**

Anyone can spread Coronavirus. The only reasons to leave the house are:

1. To shop for basic necessities or pick up medicine.
2. To travel to work when you absolutely cannot work from home.
3. To exercise once a day, alone or with members of your household.
4. **DO NOT** meet others, even friends or family.

When should I call NHS 111?

The NHS is asking people to use its 111 online service if:

- You cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after seven days
- People are asked to phone 111 only if they cannot get help online.

Handwashing and respiratory hygiene:



There are general principles you should follow to protect yourself and others from transmission of the virus:

- wash your hands more often – with soap and water for at least 20 seconds or use a hand sanitiser. Do this after you blow your nose, sneeze or cough, and after you eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin
- clean and disinfect frequently touched objects and surfaces in the home.



Some people have had a letter from the NHS saying they are at risk of severe illness if infected and need to stay at home for 12 weeks. If you have had this letter please read it carefully and register via the website or phone number it gives you. If in doubt call the Council number above.