

**Coronavirus (COVID-19):
advice on staying at home
March 2020**

COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing.

To stop coronavirus spreading people are being asked to stay at home as much as possible.

This guide is about what you can do to be ready to stay at home.

- Plan ahead and think about what you will need while you stay at home, like food and medication.
- Make a plan about what you might be able to order online or over the phone to be delivered to you. You can find more information about how supermarkets are working to make sure people can still access food and goods here.
- If you have care or support from other people, make a plan with them. Your care and support will carry on if you need to stay at home

If you work, you should be working from home if possible. People who do some jobs like working in supermarkets or emptying bins cannot work from home. If you have a job that you cannot do from home, then you should continue to go into work until your manager tells you not to.

Talk to your boss or manager about the things you might need to work at home, such as a computer, and the changes that can be made to your working day to support you such as weekly calls or emails from your manager checking how you are.

Ask friends, family and people you know for their help to get the things you will need to stay at home.

If you will be asking people to bring you things you need, tell them that they should leave them outside your door. This includes delivery drivers who bring things you have ordered.

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Make sure you have a plan to keep in touch with your friends and family. This might be on the phone or online. You might find it helpful to have a routine for when you get in touch with people, for example call your mum every Wednesday at 6pm, have a video chat with your brother every Saturday at 10am.

Keeping active while you are at home is important. If you are not working at home, structure your day and where possible use your favourite interests and activities to keep busy. Plan in breaks to make sure you regularly eat and drink.

If you are working at home, make sure you have a start and end to your day. In the time you are not working, take care of yourself and do things to relax and keep healthy.

Remember that exercise is good for you. Find some exercises you can do in your home or garden. Don't push yourself too hard and injure yourself though.

You can go for a walk or run outside if you stay more than 2 metres away from others. Make a list of places where you might be able to do this.

Take breaks from screens regularly – this includes computers, tablets, smartphones and the television.

Be clear in your plan about what you will do if you or someone you live with starts to feel ill. Your plan should include the following:

- stay at home for 7 days (or until symptoms end) if you start to feel ill
- stay at home for 14 days if someone you live with has symptoms. This is because you might catch the illness from them, but you might not have symptoms for a few days.

In these circumstances you don't need to contact 111 unless:

- 1) you start to feel much worse, or
- 2) your symptoms don't go after 7 days

If this happens you should:

- get advice from [NHS 111 online](#) or

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- call 111 if you need to speak to someone

You should not go to a GP surgery, pharmacy or hospital unless told to by a doctor as you could pass coronavirus to others

You can use our [Health Passport](#) to help prepare and make a plan for the kind of support or reasonable adjustments you might need in hospital.

if you have serious difficulty breathing then call 999 for an ambulance.

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