



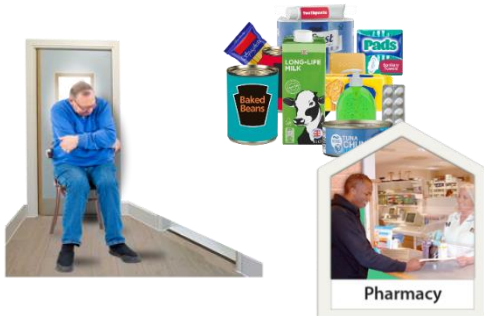
## Coronavirus – Self Isolation ( Stay at Home)



Boris Johnson said that everybody needs to stay at home because of the Coronavirus.



If you feel unwell with a cough or a high temperature. You may be told to self isolate, this means to stay at home.



If you are self-isolating do not go out, get someone to help you with your food shopping or medicine you need.



If you feel unwell with a cough or high temperature call your GP or 111. They will tell you what to do



If you are worried and need help call CLDT Woolwich – 020 8921 4860