



What do I do now?



Avoid going outside, unless you have to (like to get food)



Do not go to crowded places, like pubs, cinemas or cafe'



Avoid going on public transport unless you absolutely have to



Wash your hands properly and regularly.
See [this video](#) for the best way to wash your hands



If you cough or sneeze use a tissue



Put it straight into the bin



Avoid touching your face



It's OK to see your staff and carers. They will be given advice to keep you safe.



They should also be able to answer your questions



Avoid visits from family and friends who are not providing your care