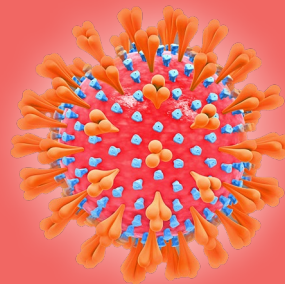# Coronavirus
If you get ill

If you have signs of coronavirus

* Stay home for 10 days

* Phone 119 for a test

* People you live with must also stay home

Self isolation

Ask someone to do your shopping

Closed

Tell people not to come in your house or room

Keep toilets, bathrooms and towels clean

Wash your hands a lot