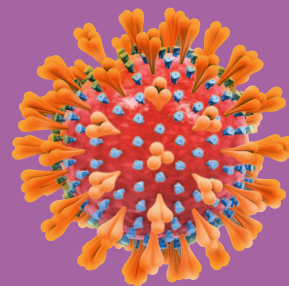


Coronavirus

Being on your own



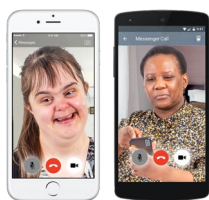
If you are on your own
make sure you have

- * Food and supplies
- * Medicine
- * Phone credit
- * Support

Taking care



Get a food
delivery to your
home



Keep in touch
with people



Do things you
enjoy - music,
puzzles, films

Exercise if you
feel well enough

Help

Don't be afraid
to ask for help!