

Health care is open for everyone who needs it



If you are ill please get help as usual. Nurses and doctors know how to keep you safe from coronavirus.

- * Phone your doctor
- * Say how you feel
- * Don't put things off

Get checked out



Go to hospital if you are told to



If you wait you could get more ill or even die



If you need someone to support you tell health staff



Talk about any extra support your need