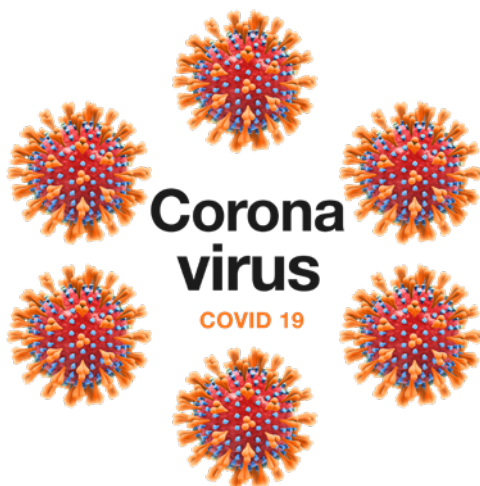


Coronavirus (COVID-19)

Advice on staying at home

This is an **Easy Read** document from the
Welsh Government



COVID-19 is a new illness.
Lots of people call it
Coronavirus.

It can affect your lungs and
your breathing



To stop coronavirus spreading
people are being asked to stay
at home as much as possible.

This guide is about what you
can do to be ready to stay at
home.



Plan ahead and think about what you will need while you stay at home, like food and medication.

Think about what you might be able to order online or over the phone to be delivered to you.



If you have care or support from other people, make a plan with them.

Your care and support will carry on if you need to stay at home.



If you work, you should be working from home if at all possible.

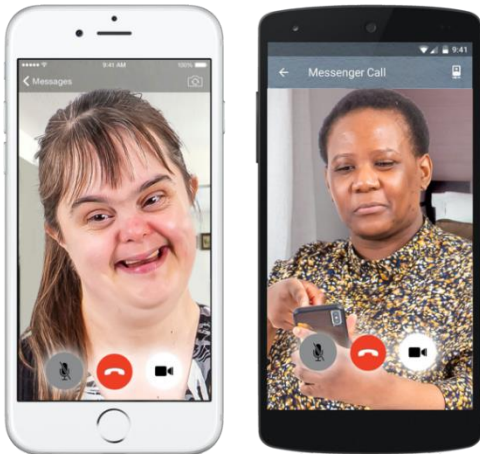
If you have a boss, talk to them about things you might need to work at home, such as a computer.



Ask friends, family and supporters for their help to get the things you will need to stay at home.

If you will be asking people to bring you things you need, tell them that they should leave them outside your door.

This includes delivery drivers who bring things you have ordered.



Make sure you have a plan to keep in touch with your friends and family. This might be on the phone or online.



Think about the things you would like to do while you stay at home. This might include:

- gardening

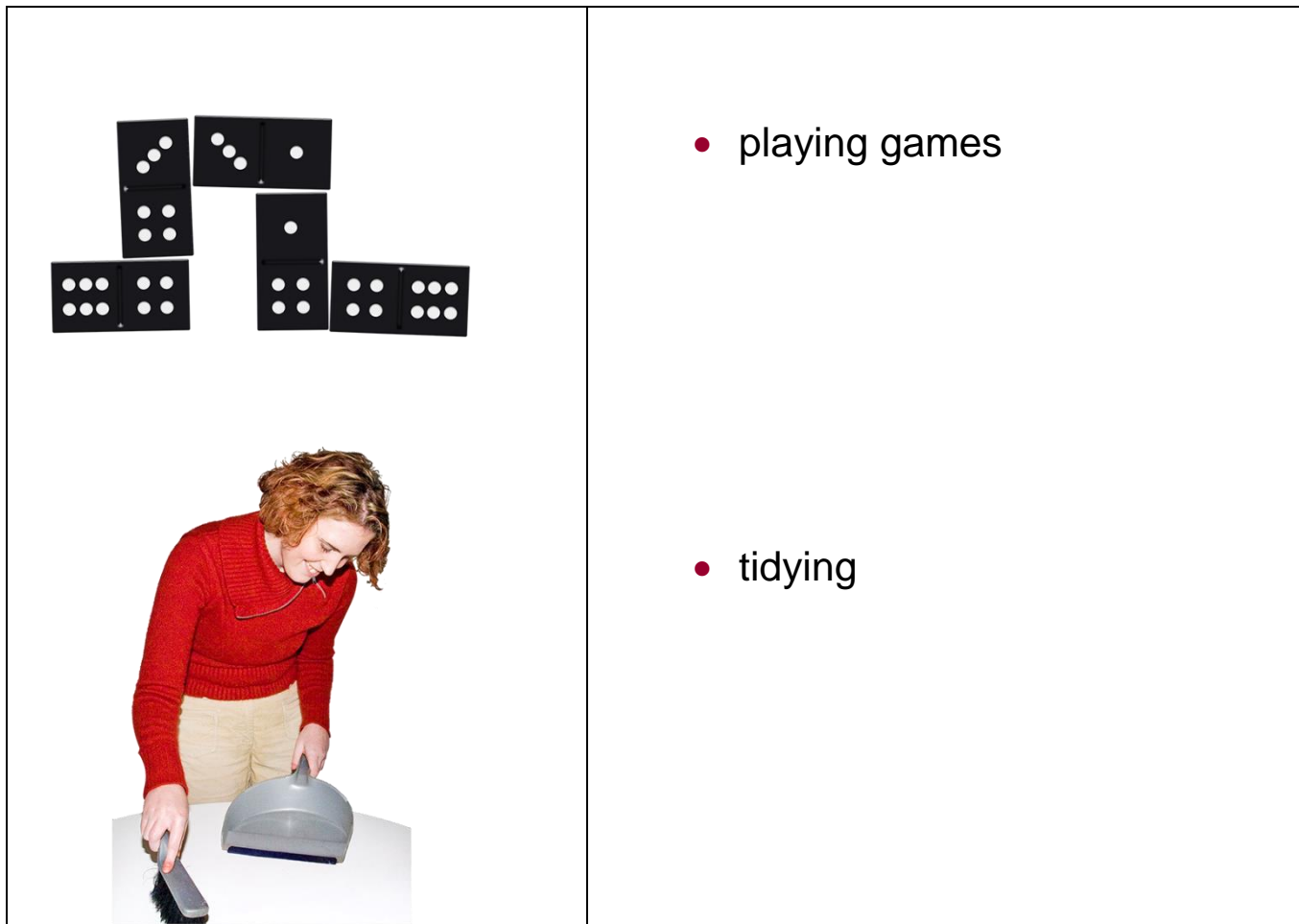


- watching films and television

- doing art

- listening to music

- doing puzzles



- playing games

- tidying



Remember that exercise is good for you.

Think about exercises you can do in your home or garden.



You can go for a walk outside if you stay more than 3 steps away from others.

Think about places where you might be able to do this. You can go out for exercise once a day.



If you have symptoms of coronavirus you should go to the **NHS Direct Wales** website or call 111 straight away