

Easy Read Information
Produced by
Mencap Liverpool & Sefton

Last updated: Thursday, 19
March 2020

NHS Stay at Home Advice

(Coronavirus COVID-19)



It is important to stay at home to stop the spread of coronavirus



If you have any symptoms of a cold you and everyone in your house must stay in for 14 days

This information is produced for free. Please share it with anyone who might find it useful.

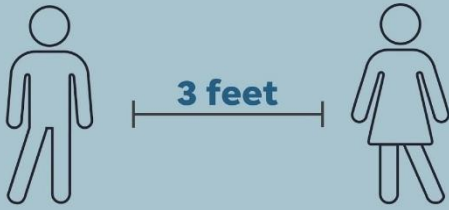
We are doing our best to make sure it is accurate and up-to-date.

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Please send any post to Mencap Liverpool & Sefton, 6-8 Mariners Road, Crosby, L23 6SX
For all our information about Corona Virus Outbreak, please visit: www.mencapliverpool.org.uk/covid19

SOCIAL DISTANCING

FAQs



Try to keep 3 steps away from other people in your home



If you need shopping, ask friends or family to go for you



Sleep alone if possible



Make sure you regularly wash your hands for 20 seconds with soap



Try to stay away from older people and anyone with long term health conditions



Make sure you are drinking plenty of water



Do not have any visitors around to your house



Do not leave the house even to go for a walk



Staff from Mencap Liverpool will be making regular phone calls to check in



If your condition gets worse than please call 111