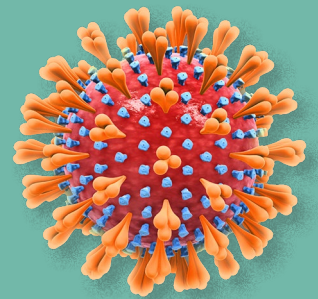


# Coronavirus and health issues



Take extra care if you are older or have health issues

- \* Heart problems
- \* Diabetes
- \* Breathing difficulties

## Things you can do



Stay away from crowds



Avoid sick people



Make a plan for if you get ill - your care, food & tablets



If you are worried  
**DO NOT** go to your GP  
Stay home and phone  
**NHS 111**