



HM Government



# Coronavirus Got symptoms – even mild ones?

**DO NOT** leave the house at all for 7 days.

Still have symptoms after 7 days?  
**DO NOT** leave the house until they go.

**EVERYONE** else in your household must  
not leave the house for 14 days.

Do not go out even to buy food or essentials.  
Stay at home to exercise.

**gov.uk/coronavirus**

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**