













Monday

Tuesday Wednesday Thursday

Friday Saturday Sunday

Most people who have had the virus feel unwell but do not need to go to hospital. A very small number of people will need more help to try and get better.

What to do if you think you have Coronavirus?

If you or someone you live with has a high temperature, a cough or has lost taste or smell you should stay in your cell.

You should not be near other people. This is called self-isolation.

You will need to do this for 7 days, which is the same as 1 week.

If you have the virus, the prison can inform your friends and family for you.

You should not go to your doctors if you think that you have Coronavirus

Staff will contact medical support for advice.

* If you start to feel more unwell
* If you are still unwell after

seven days you may need further treatment.

Some people who get the virus do need more medical help, and if you are very unwell you may need to go to hospital.

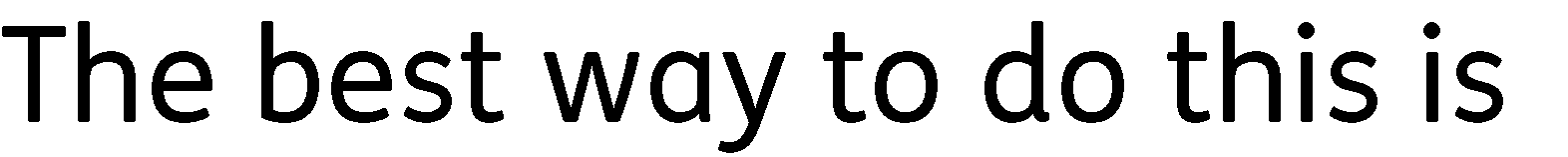
This is to make sure you get the right treatment to help you get better.

What to do if you feel ill with something else?

If you are unwell with something else and need help from a doctor you should still make an appointment.

How you can help to try and stop the spread of Coronavirus.

One of the most important things that we can all do is to make sure that we are doing our best to stop other people catching the virus.









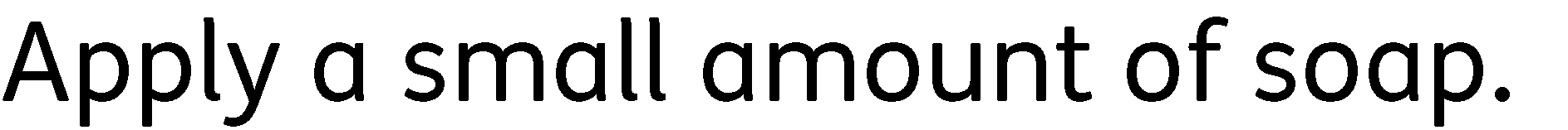






































You stay away from crowds e.g. do not have people in your cell, keep 2 metre spaces when queing for medication or food.