

CORONAVIRUS

5 things you can do to help yourself and your community



Keep up to date on official guidance at www.nhs.uk/coronavirus



Share information from trusted sources only - don't spread rumour and misinformation



Stay sensible - wash hands regularly and keep physical contact at a minimum



Do you need help with shopping or prescription collections?
Community Helpline number
0300 200 1008
Monday - Friday, 8am to 6pm
Saturday and Sunday, 10am to 2pm



Stay in touch and keep your mind healthy
www.healthysurrey.org.uk/mental-wellbeing

Find the latest local information at www.molevalley.gov.uk

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**STAY HOME
PROTECT
THE NHS
SAVE LIVES**