

# Living with COVID-19:

**5 things** you can do to help yourself, your family and your community.

**1**

**Get vaccinated** to reduce your risk of becoming seriously ill.

**2**

If you feel unwell and have flu-like or COVID-19 symptoms and a high temperature **avoid close contact** with others and **stay at home** if you can.

**3**

Let in **fresh air** when you meet others indoors, especially if they're at high risk from COVID-19.

**4**

**Wash your hands** regularly and cover your mouth and nose if you cough or sneeze.

**5**

Wear a **face covering** in crowded and enclosed places and when coming into contact with people at higher risk from COVID-19.

**Let's all keep helping each other.**  
For more information, go to  
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)