

## **NHS Health at Home - Website news copy**

### **Managing your health at home**

The coronavirus (COVID-19) outbreak means you should only leave your home if it's essential, unless you feel very unwell or you are told to attend an existing appointment for ongoing treatment. While you are at home it's still easy to get NHS help using your smartphone, tablet or computer.

The Health at Home webpage has information letting you know how to:

- contact your GP
- order repeat prescriptions
- manage long-term conditions
- maintain your mental and physical wellbeing

If you need an NHS service, try to do it online first. If you cannot get what you need this way try asking a friend or family member to help you, or speak to your GP surgery on the phone.

Find out more at: <https://nhs.uk/health-at-home>

[Insert information appropriate to your local organisational response / COVID-19 services as applicable]