

If you have COPD.

How can I keep yourself safe from COVID-19?

Action	Yes	No
Wash hands regularly		
Go to the shops		
Stay at home		
Get friends or family to drop off food and medicine		
Visit my family		
Stand in a queue		
Stay at least 2 m away from people		
Go on the bus		
Make a phone call		
Go around to see my neighbours		
Facetime or WhatsApp		
Don't touch mouth, nose or eyes with hands		
Keep taking my medicines		
Exercise in the house		
Go on the train		
Go for a walk when there are not a lot of people on the footpath		