

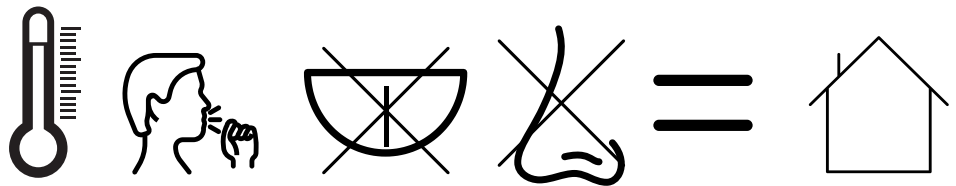
Stay Safe WF

Help stop the spread of Covid-19

1. Stay home if you have symptoms

Stay home for 10 days if you have symptoms and 14 days if someone you live with has symptoms

High temperature **or**
new continuous cough
or loss of taste **or** smell



2. Book a test

Call 119 or visit nhs.uk/coronavirus

3. If you test positive

NHS Test and Trace will be in touch to find out who you regularly spend time, have been in contact with and places you have been

You'll usually need to self-isolate for at least 10 days.

You'll usually need to self-isolate for 14 days if:

- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you've been told to self-isolate by NHS Test and Trace

Protect your info

- Any text from NHS Test and Trace will ask you to sign into <http://contact-tracing.phe.gov.uk>
- All phone calls will come from 0300 013 5000
- Your data will be held confidentially under the Data Protection Act 2018.

