

# Stay Safe WF

## Urgent information about new Covid-19 restrictions

From Thursday 5 November to Wednesday 2 December:

- You must only travel for specific reason including food, education, work or medical
- Schools, universities and college to remain open
- Pubs and restaurants closed but takeaways permitted
- Non-essential shops, leisure and entertainment venues closed
- No households mixing indoors or in private gardens unless in your support bubble
- Outdoor exercise encouraged, you can meet one person from another household

### To keep yourself and others safe:

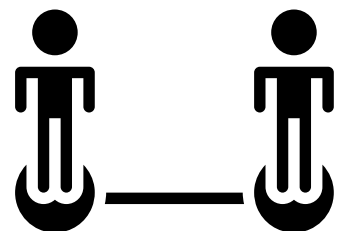
**Wash hands**



**Cover face**

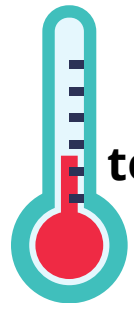


**Make space**



# How do I know if I might have coronavirus?

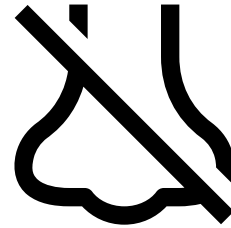
Main coronavirus symptoms are:



A high  
temperature



A new,  
continuous  
cough



A loss of  
smell  
or taste

## What should I do if I experience one or all of these?

Self-isolate with your household and book a test by calling **119** or **visiting [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**

### When should I self-isolate?

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK



### Do you need support?

Whether you need financial, housing, mental health support or need to help during lockdown - we're here to help.

Visit **[www.walthamforest.gov.uk/coronavirus](https://www.walthamforest.gov.uk/coronavirus)**