



Help to stop the coronavirus from spreading

This is an easy read guide to keep you and other people safe


What to look out for The main coronavirus **symptoms** are



Fever where you have a high temperature and feel hot



A **new cough** that you do not usually have and will not stop



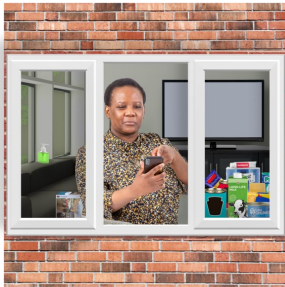
Your **sense of taste or smell changes** or goes completely

NHS Test and Trace



Test and trace is when someone has got the coronavirus and the NHS warns the people they have been close too. This is to try and stop the virus spreading.

What if I have symptoms?



You and the people you live with must stay at home.

You must not have any visitors round to your house.



To get a coronavirus test call **119** and tell them that you don't feel well.

They will explain what you need to do.

You should get your result in **48 hours**:

If your result is **positive** ✓

You must stay at home for **10 days**



People you live with must stay in for **14 days**

If your result is **negative** ✗



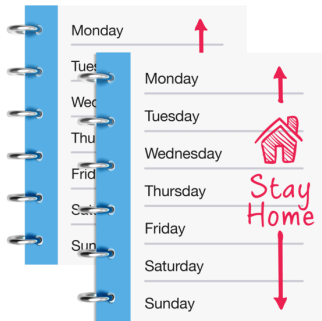
You and the **people you live with** do not have to stay in if tests are negative

What if someone I have been near tests positive?



You may get a call, a text or an email from the **NHS Test and Trace**.

You are not in trouble. It's to help you.



They will ask you to stay at home for **14 days**.

The people you live with will have to stay at home as well.



If you feel unwell you should call **119** to get a coronavirus test.

They will explain what you need to do.

You should get your result in **48 hours**:

If your result is **positive** ✓



You must stay at home for **10 days**

People you live with must stay in for **14 days**

If your result is **negative** ✗



You must stay at home for **14 days**



People you live with do not have to stay in



Coronavirus reminder

These are important things to remember **all the time**



Wash your hands regularly



If you cough or sneeze use a tissue and put it in the bin



Keep all surfaces clean



Stay 2 meters from people when you can



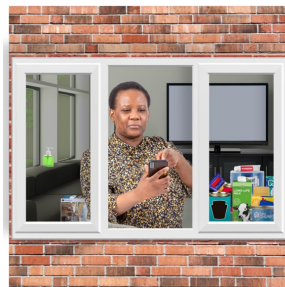
Wear a face covering if you can



Tissues and hand sanitizer are good to have with you when you go out



Try not to touch your face with your hands



Stay in if you have symptoms or you have been near someone who has coronavirus



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