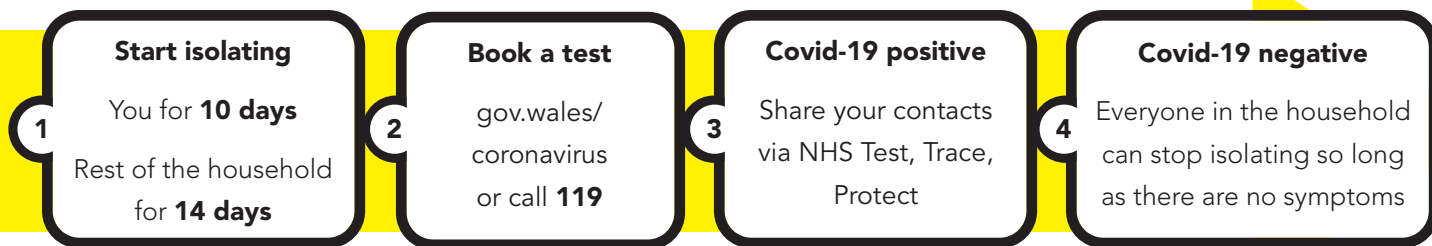


Have you got **Covid-19 symptoms?**



Are you adhering to the rules of **self-isolation?**

You must self-isolate:

- ✓ if you have COVID-19 symptoms and have not been tested, or are waiting for test results
- ✓ if you have tested positive for COVID-19
- ✓ if you live with someone who has COVID-19 symptoms, or who has tested positive for COVID-19 (even if your test result was negative)
- ✓ if you have COVID-19 symptoms, no matter how mild, you must self-isolate at home for at least 10 days from when your symptoms began
- ✓ if anyone in your household has COVID-19 symptoms, no matter how mild, you must self-isolate at home for at least 14 days from when symptoms began

If your test is negative, self-isolation can end for everyone as long as nobody else in the household has developed symptoms.

- ! You may be asked to self-isolate by a contact tracing advisor even if you, or people you live with, don't have any symptoms – you must do as they ask

Self-isolating and staying at home means:

- ✗ Don't go to work - work from home if you can
- ✗ Don't go to places like a GP surgery, pharmacy or hospital
- ✗ Don't go to school or college
- ✗ Don't go to any public area, including pubs, restaurants and cafes
- ✗ Don't go shopping, not even to buy food or other essentials (ask someone for help, or shop online)
- ✗ Don't use public transport
- ✗ Don't allow visitors to your home or garden
- ✗ Don't exercise anywhere outside your home or garden

It is vitally important that you adhere to these rules in order to protect yourself, and your community.