



# Coronavirus information

We must continue to do everything we can to help stop the spread of coronavirus, protect our community and the NHS.

## To protect yourself and others, please:



Maintain social distancing. Stay at least 1 metre away from people not in your household at all times



Always wear a face covering in enclosed spaces, including shops, supermarkets, banks and public transport



Wash your hands regularly for at least 20 seconds or use hand sanitiser

## What do to if you have coronavirus symptoms:

If you have symptoms of coronavirus or you've been in close contact with someone who has had symptoms, get a coronavirus test and do not leave home for at least 10 days.

Remember, the main symptoms of coronavirus are:



High temperature



Continuous new cough



Loss of smell



Loss of taste

Book your test online at: [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or call 119.

If you test positive for coronavirus, you must stay at home for at least 10 days and the people you live with should stay at home for 14 days.

Keep up to date on coronavirus information at: [www.fenland.gov.uk/coronavirus](http://www.fenland.gov.uk/coronavirus)