Stopping COVID-19 spreading at home

Where people live together closely, Covid-19 can spread easily, particularly where there are shared living areas.

(!) This could include:

A house with a large family
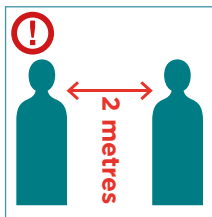
Flats in a single building

Single rooms with tenants

How to Stay Safe at home

And remember - no more than two households should meet together indoors

Continue good hand hygiene and Wash your hands regularly

2 metres

Stay 2 metres apart from people you do not live with

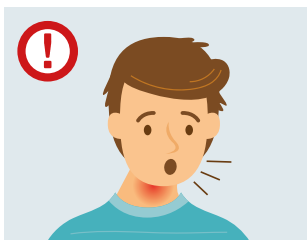**Clean all shared areas like kitchens and bathrooms**

Use face coverings when outside in crowded spaces

What are the symptoms of Covid-19?

A high temperature

A new cough that does not stop (continuous)

A loss of smell or taste

(!) To protect people you live with - particularly those who are most vulnerable - please don't take risks, and keep caring for Cambridgeshire and Peterborough

What to do if you or somebody in your house gets symptoms of Covid-19

You and anyone you live with should stay at home and self-isolate

Anyone with symptoms should get tested

People with symptoms should try to stay in their bedroom and avoid contact with others, and use the kitchen and bathroom at different times
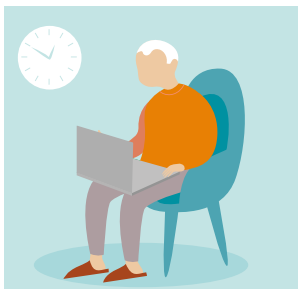
If you feel unwell phone your GP or **111** (online or phone) or **in an emergency, call 999**

How to get a test for Covid-19

Visit a walk in or drive through testing unit – you do not need to book, just turn up

Book online at **www.nhs.uk/ask-for-a-coronavirus-test**

Or Call **119**

If you are in self isolation because you or someone in your house has Covid-19 symptoms, or has had a positive test
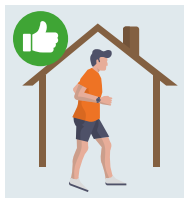
Don't leave your home

Don't go out to work, school, or to public areas

Don't use public transport or taxis

Don't go out to buy food or other essentials

Take **exercise indoors**

If you need help buying food, or picking up medication, or walking a dog, ask friends or family who you don't live with to help **(but remember stay more than 2 metres apart)**

If you don't have someone to help please call **0345 045 5219** to be put in touch with support in your local area

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