

Tested positive? Need help to stay at home?



To stop the spread of the virus, **you and everyone you live with should self-isolate for 10 days** from your positive test result

- ✗ **Don't** leave your home
- ✗ **Don't** go to work, school, or public areas
- ✗ **Don't** go to the shops
- ✗ **Don't** use public transport or taxis



If you've been told to self-isolate by NHS Test and Trace, you should self-isolate for 10 days from the day you were last in contact with the person who tested positive for coronavirus.

Can't go to work?
Need help to pay the bills?

If you need to self-isolate and can't work from home, financial support is available to help cover your bills.



You can apply for an NHS Test and Trace Support Payment or a grant from the Local Discretionary Hardship Fund.

Apply today:  www.fenland.gov.uk/testandtracepayment
 01354 654321

Need food, medicine, or essential supplies?



Volunteers can help you with shopping, prescription collections and other essentials so you don't have to leave the house

Contact us today:

✉ covid19@fenland.gov.uk
☎ 01354 654321

Struggling financially? Not sure what help you're entitled to?



A Citizen's Advice advisor can provide you with free, impartial, advice to help with concerns such as debts, benefits, Universal Credit claims, access to funding, pensions, employment and much more

Contact us today:

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☎ 01354 654321

How to stop spreading Covid-19 at home



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

To help lower the risk, try to:

- Minimise the time you spend in shared spaces such as kitchens and bathrooms
- Keep shared spaces well ventilated by opening the windows
- Aim to keep 2 metres (3 steps) away from anyone outside of your own household
- Clean all shared areas each time you use them
- Avoid sharing cutlery, utensils, or hand towels
- Clean the surfaces you touch regularly (door handles, handrails, kettles, and tabletops)
- Wash or sanitise your hands regularly
- Don't mix with anyone you do not live with indoors

For more information and guidance visit:

www.fenland.gov.uk/coronavirus

Easy to read translations of the guidance are also available at:

www.gov.uk/government/publications/covid-19-stay-at-home-guidance