

Help prevent the spread of Coronavirus

Your guide to keeping yourselves and others safe



Please keep this leaflet in a **safe** place

Coronavirus can be very easily spread from person to person. The best way to prevent infections being spread and to avoid the need for local lockdowns is to isolate as soon as you notice symptoms and to get a test.



Symptoms can include:

- High temperature
- Continuous cough
- Change to or loss of sense of smell / taste

Protect Ourselves. Protect Others. Protect Norfolk.

The **NHS Test and Trace** system is necessary to catch any possible outbreaks as we slowly come out of lockdown. It will only work if everyone does their bit.

What to do if you have symptoms

1. Start isolating at home

(those in your household will need to isolate too)

Advice to remember

If you are isolating, you should not:

- **Leave your home for any reason** (except to go for a test if you need one)
- **Have any visitors to your home**
- **Use public transport**
- **Share towels, clothes, toothbrushes or razors**



If you run short of food, or medical provisions or need support while you're self isolating help is available. Please call **0344 800 8020**

2. Book a test [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119

Getting a test is easy, it's **Free** for everyone who has symptoms. You need to book to go to a drive-through test centre or order a home testing kit. It doesn't take long and you should get your results within 48 hours. The whole household needs to isolate while you wait for the result.



Positive result

- You continue to isolate for 10 days
- Household isolates for 14 days
- If anyone else in household develops symptoms they should book a test

Negative result

You do not need to isolate as long as you feel well and everyone in your house / bubble who has symptoms also tests negative

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What to do if you've been in contact with someone who tests positive

1. You will be alerted by NHS Test and Trace



2. You must isolate for 14 days after close contact

◀ Follow the **Advice to remember** section



3. If you develop symptoms book a test [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119

Household isolates whilst waiting for result. Getting a test is easy, it's **Free** for everyone who has symptoms. You need to book to go to a drive-through test centre or order a home testing kit. It doesn't take long and you should get your result within 48 hours.



Positive result

- You begin new 10 day isolation
- Household completes 14 day isolation

Negative result

- You complete 14 day isolation
- Household stops isolating immediately

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Let's Keep Protecting Ourselves



Clean our hands



Keep surfaces /touchpoints clean



Cover our noses and mouths where appropriate



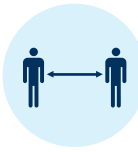
Use tissues to catch sneezes and coughs



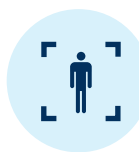
Reduce hand-to-face contact



Carry hand sanitiser and tissues with us whenever we go out



Keep our distance from others



Isolate if we have symptoms or have come into contact with somebody who has tested positive

For more information:
norfolk.gov.uk/coronavirus

Remember: Anyone with symptoms can book a test by calling 119



If you need this document in large print, in audio, Braille, in an alternative format or in another language, please contact Customer Services on 0344 800 8020 or, for Text Relay, call 18001 0344 800 8020 (text phone) and we will do our best to help you.

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Aby otrzymać ten dokument wydrukowany większą czcionką, alfabetem Braille'a, w innym formacie, audio lub w innym języku, prosimy o kontakt z Działem Obsługi Klienta pod numerem 0344 800 8020 lub numerem telefonu 18001 0344 800 8020, a my dołożymy wszelkich starań, aby pomóc ty.

Se precisar deste documento com caracteres grandes, em áudio, Braille, num formato alternativo ou noutra idioma, contacte por favor o Serviço de Apoio ao Cliente através do 0344 800 8020 ou, para Transmissão em Texto, ligue para o 18001 0344 800 8020 (telefone de texto) e faremos o nosso melhor para o/a ajudar.

Если вам необходимо распечатать этот документ крупным шрифтом, шрифтом Брайля, а также если этот документ нужен вам в аудио-формате, альтернативном формате или на другом языке, обратитесь в центр обслуживания клиентов по телефону 0344 800 8020 или службу для людей с ограниченными возможностями по номеру 18001 0344 800 8020 (текстофон), и мы сделаем все возможное, чтобы вам помочь.

إذا كنت بحاجة إلى الحصول على هذا المستند مطبوعًا بحروف كبيرة، أو مسجلًا بالصوت، أو مطبوعًا بطريقة برايل، أو بصيغة بديلة أو بلغة أخرى، فيرجى الاتصال بخدمة العملاء على 0344 800 8020، أو لاستخدام الخدمة الهاتفية النصية "Text Relay"، اتصل على 18001 0344 800 8020 (هاتف نصي) وسنبذل أفضل ما في وسعنا لمساعدتك.

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