



# Help to stop the coronavirus from spreading

This is an easy read guide to keep you and other people safe


**What to look out for** The main coronavirus **symptoms** are



**Fever** where you have a high temperature and feel hot



A **new cough** that you do not usually have and will not stop



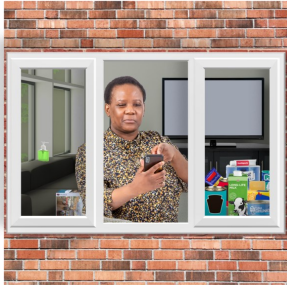
Your **sense of taste or smell changes** or goes completely

# NHS Test and Trace



**Test and trace** is when someone has got the coronavirus and the NHS warns the people they have been close to. This is to try and stop the virus spreading.

## What if I have symptoms?



You and the people you live with must stay at home.

You must not have any visitors round to your house.



To get a coronavirus test call **119** and tell them that you don't feel well.

They will explain what you need to do.

You should get your result in **48 hours**:

If your result is **positive** ✓

**You** must stay at home for **10 days**

**People you live with** must stay in for **14 days**



If your result is **negative** ✗



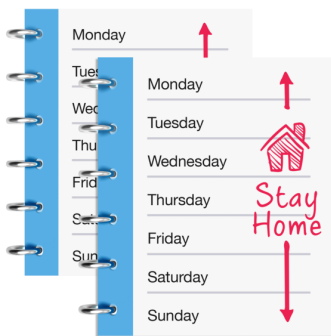
**You** and the **people you live with** do not have to stay in if tests are negative

# What if someone I have been near tests positive?



You may get a call, a text or an email from the **NHS Test and Trace**.

You are not in trouble. It's to help you.



They will ask you to stay at home for **14 days**.

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**



If you feel unwell you should call **119** to get a coronavirus test.

They will explain what you need to do.

You should get your result in **48 hours**:

If your result is **positive** ✓



**You** must stay at home for **10 days**

**People you live with** must stay in for **14 days**

If your result is **negative** ✗



**You** must stay at home for **14 days**



**People you live with** do not have to stay in



# Coronavirus reminder

These are important things to remember **all the time**



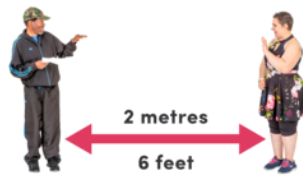
Wash your hands regularly



If you cough or sneeze use a tissue and put it in the bin



Keep all surfaces clean



Stay 2 metres from people when you can



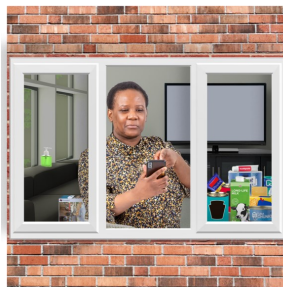
Wear a face covering if you can



Tissues and hand sanitizer are good to have with you when you go out



Try not to touch your face with your hands



Stay in if you have symptoms or you have been near someone who has coronavirus



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