# How do we all work together to prevent ourselves from getting COVID-19?

Coronavirus is still a really serious issue - it hasn't gone away, even as lockdown measures are being gradually relaxed.

Keep **2 METRES APART** from anyone **NOT** in your household

WHERE THIS IS NOT POSSIBLE, KEEP AT LEAST 1 METRE APART AND TAKE PRECAUTIONS such as wearing a face mask and not speaking face to face.

2 metres
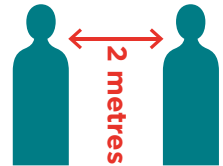
A 'household' is people who live together in the SAME house AT ALL TIMES

When you're INSIDE
- Only people from **ONE OTHER HOUSEHOLD** can meet with you inside your home

When you're OUTSIDE
- Any number of people from **TWO HOUSEHOLDS** can meet outside
- **UP TO SIX OTHER PEOPLE** from **DIFFERENT HOUSEHOLDS** can meet up outside

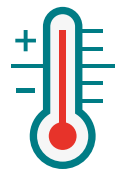**Keep 2 METRES APART** – 1 metre with precautions outlined above

Caring for Cambridgeshire and Peterborough

Continue to work from home where you can

Continue good hand hygiene

Stay home if you have symptoms

Wear a face covering when travelling on public transport and in shops

What everyone can do to protect themselves and each other is to continue to follow the clear public health advice.

For further updates and advice please check our websites which will be regularly updated www.cambridgeshire.gov.uk www.peterborough.gov.uk and www.gov.uk

What happens if I have one or more symptoms of COVID-19?

The symptoms of COVID-19 are:

A high temperature

A new continuous cough

A change to or loss of your sense of taste and smell.

If you have ANY symptoms of COVID-19 you should follow these steps

1 **Start isolating at home**
You for **10 days** and your household for **14 days**

10 DAYS   **14 DAYS**

2 **Book a test**
NHS.uk/coronavirus or **call 119**

3

NEGATIVE for COVID-19

If you test negative you may still need to isolate – check here for details **www.nhs.uk/ conditions/coronavirus-covid-19/ testing-and-tracing/what-your-test-result-means/**

POSITIVE for COVID-19

Within 24hrs you'll be contacted by **NHS Test and Trace** by phone, text or email and asked to share who you have been in close contact with using a weblink or the phone

If you don't have someone to help when you're isolating call 0345 045 5219 for details of support in your local area

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