





# **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

- x Don't leave your home
- **X Don't** go to work, school, or public areas
- × Don't go to the shops
- **X 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.

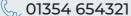
# Can't go to work? Need help to pay the bills?



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.













### 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:

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:

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