

STAY SAFE FROM CORONAVIRUS

Common symptoms of coronavirus (COVID-19)

New and continuous cough, high temperature, a loss of, or change to, your sense of smell or taste

If you or someone you live with has any of the common symptoms of COVID-19 or if you have been identified as a contact by NHS Test and Trace then you must stay in your accommodation and self-isolate. Please visit www.gov.uk/coronavirus for more information on COVID-19 and/or to request a test.

If you feel you cannot cope with your symptoms at your accommodation, your condition gets worse or your symptoms do not get better after 7 days, then use NHS 111 online www.111.nhs.uk/covid-19/ or call 111. For a medical emergency dial 999.

How to stop the spread of (COVID-19)

- Only leave your accommodation for the following reasons:
 - For work (if you cannot work from your accommodation)
 - Going to shops that are permitted to be open e.g. for food and medicine
 - To exercise or spend time outdoors
 - Any medical need, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person
- Stay 2 metres (6ft) away from people you do not share accommodation with at all times
- Wash your hands with soap and water regularly
- Use a tissue or your sleeve when you cough or sneeze
- Used tissues must be put in the bin immediately and wash your hands afterwards
- Use alcohol-based hand sanitiser (containing 60% alcohol content and above) if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean
- Frequently clean and disinfect objects and surfaces that are touched regularly
- To see local updates refer to <https://www.herefordshire.gov.uk/coronavirus>

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