

KEEP NEWHAM SAFE

Help stop the spread of COVID-19



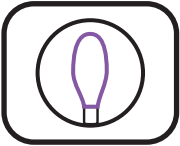
Wear a
face covering



Keep your distance
(2 metres)



Wash your
hands



Get tested

- Get tested and isolate if you have symptoms of COVID-19.
- The symptoms are a high temperature; a new continuous cough; a loss of, or change to, your sense of smell or taste.



Isolate for

- 10 days if you test positive for COVID-19 or have symptoms.
- 10 days if anyone you live with or are in a bubble with has symptoms.
- 10 days if anyone you've been in close contact with tells you that they have tested positive.
- As long as NHS Test and Trace/NHS Test and Trace app says you should.



Meeting up with others

- You cannot spend time anywhere inside with people you don't live with.
- If you keep 2 metres apart from everyone, you can meet outside with up to 6 people you don't live with.



Travel safely

- Walk or cycle as much as you can.
- Avoid rush hour on public transport.
- Don't ride in cars or vans with anyone you don't live with.

WE STAY APART NOW TO GET TOGETHER IN THE FUTURE