

KEEP CAMDEN SAFE

While rates of coronavirus remain low across Camden, there has been a small increase in cases over the past three weeks. Help keep each other safe and keep cases low by following this advice. Camden Council can help if you need support to self-isolate – phone **020 7974 4444 (option 9)**.

STAY SAFE

- Wash your hands regularly for 20 seconds
- Keep 2 metres away from people you don't live with, where possible
- You must wear a face covering on public transport and in indoor public spaces where safe social distancing may be difficult, except restaurants with table service, bars and pubs.

LOOK OUT FOR SYMPTOMS

- New, continuous cough
- High temperature
- Loss of, or change to, your sense of smell or taste

GOT SYMPTOMS? STAY AT HOME AND GET TESTED

- Self-isolate for 10 days
- Anyone you live with must self-isolate for 14 days

Request a test online at

nhs.uk/coronavirus OR CALL 119

