

KEEP CAMDEN SAFE

As lockdown eases, help protect yourself and others from coronavirus

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 in shops, shopping centres, takeaways, supermarkets, banks, post offices, on public transport and in hospitals. Please also wear one in any other enclosed public spaces where safe social distancing may be difficult.

LOOK OUT FOR SYMPTOMS

- New, persistent cough
- High temperature
- Loss 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
- Get tested

Request a test online

nhs.uk/coronavirus OR CALL 119

THE COUNCIL IS HERE TO HELP IF YOU ARE WORRIED ABOUT BEING ABLE TO SELF-ISOLATE

- Call us on **020 7974 4444 (option 9)**