

# PLAY YOUR PART TO **BREAK** **THE CHAIN** OF CORONAVIRUS INFECTION

## If you have any of these symptoms:



- New and continuous cough



- High Temperature



- Loss of, or change in your normal sense of taste or smell

## Isolate



This means staying in your room and not meeting with anybody who does not live with you.

## Get a test

Visit: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)  
or call 119 to book



## If you test positive:



Continue to isolate for 10 days from when symptoms started.

If you do not have symptoms, the 10 days start from the date you took the test.

You will be contacted by NHS Test and Trace who will advise you on how long to isolate for and how to get support.

## If you have been in close contact with somebody who tests positive for coronavirus

You will be contacted by NHS Test and Trace and asked to isolate for 10 days since the day you were last in contact with that person.

## 1 in 3 people

who have coronavirus do not develop symptoms, so it is important to isolate if you are asked to, so that you do not unknowingly pass the virus on to other people.



## Support

If you are isolating, notify your employer and landlord - they may be able to help with essentials such as food and water.

For support with isolation please contact:

Home, But Not Alone: **0800 876 6926**

Suffolk Advice and Support Service: **0800 068 3131**



# HELP TO STOP THE SPREAD OF CORONAVIRUS INFECTION

WHEN IN COMMUNAL AREAS, PLEASE REMEMBER:

## Hands



Wash your hands more often with soap and water or a hand sanitiser for 20 seconds.

### Wash your hands when you:



- Get home



- Blow your nose



- Eat or handle food

Regularly clean frequently touched surfaces, like door handles, remote controls, and shared areas like kitchens and bathrooms.

## Face



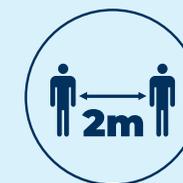
- Use a face covering when spending time in shared areas to minimise the risk of spread to others.
- Remember, you still need to keep at least a 2m distance from and limit your contact with other people even while wearing your face covering.

If you develop symptoms, including a new and continuous cough, high temperature or loss of, or change in your normal sense of taste or smell:

### Isolate

(This means staying in your room and not meeting with anybody who does not live with you.) and Get a test. Visit: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or call 119 to book.

## Space



- Keep at least 2m apart from people you do not live with (including residents of your shared building who do not live in your room with you). This is roughly the length of your sofa.
- Only use shared areas like bathrooms and kitchens if they are not in use and wipe surfaces such as kettles and door handles before and after use. Avoid sharing towels or tea towels.
- Eat in your own room where possible.
- Keep windows open or ventilation.