KEEP NEWHAM **SAFE**

Help stop the spread of COVID-19
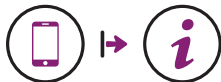
1. Stay home and get tested

if you or anyone you live with has symptoms

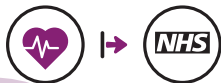HIGH TEMPERATURE **OR** NEW CONTINUOUS COUGH **OR** LOSS OF TASTE **OR** SMELL

2. Keep your distance

between you and anyone you don't live with when outside

2 METRES

3. Follow NHS advice

if you are contacted by the NHS Test and Track team

4. Seek help

if you feel unwell with any serious conditions