

CORONAVIRUS CASES ARE VERY HIGH: STAY AT HOME



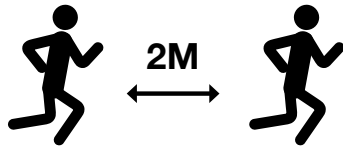
LOCKDOWN RESTRICTIONS



Stay at home unless you're leaving the house for a permitted reason



You must work from home if you can



Only leave home to exercise once a day - alone, with your household, bubble or 1 person from another household



Only socialise indoors with your household or bubble



Only travel for a permitted reason

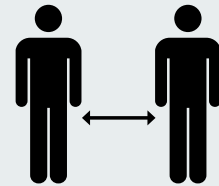
FOLLOW PUBLIC HEALTH ADVICE



Wear a face covering in indoor public spaces and busy outdoor spaces, unless you're exempt



Wash your hands regularly for at least 20 seconds



Keep 2 metres apart from people you don't live with

GOT SYMPTOMS? STAY AT HOME AND GET A FREE TEST



New, continuous cough



High temperature



Loss of, or change to, your sense of smell or taste



[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



Call 119



Camden

If you're having any difficulties and need help booking a test, call the Council on **020 7974 4444 (option 9)**, where you can also get support to self-isolate

