

# 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 on public transport and in indoor public spaces where safe social distancing may be difficult. The only indoor public spaces where face coverings are not currently required are in restaurants with table service, bars, and pubs.

## LOOK OUT FOR SYMPTOMS

- New, continuous cough
- High temperature
- Loss of, or change to, your sense 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](https://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)**