



Help control coronavirus in the borough of Charnwood

**KEEP THE
RATE DOWN
IN LEICESTER
LEICESTERSHIRE
AND RUTLAND**
COVID-19



You are receiving this leaflet because we've seen an increase in the number of coronavirus cases in the borough of Charnwood.

It's down to us to help stop the spread of coronavirus, protect our community and the NHS.

To protect yourself and others please follow this guidance:



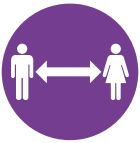
Hands

Wash your hands regularly for at least 20 seconds or use hand sanitizer



Face

Always wear a face covering when on public transport or in any confined public space



Space

Keep 2 metres apart from people outside of your household at all times



Rule of six

Don't meet up (indoors or outdoors) in groups of more than six



You can help protect your loved ones by downloading the **NHS Covid-19 'test and trace' app** on to your smartphone. You can check-in at venues, find out when you've been near other app users who've tested positive and follow the latest advice.



Only get tested if you have coronavirus symptoms

If you're self-isolating because someone you're in contact with has tested positive, you must **self-isolate for 14 days**. You don't need to book a test, unless you go on to develop symptoms yourself.

The main symptoms of coronavirus are:



High temperature



Continuous new cough



Loss of smell



Loss of taste

Book your test online at **nhs.uk** or call 119.

As more people are tested, the number of cases is likely to increase. The most important steps to stop further spread of the virus are:

- If you have symptoms, self-isolate at home for 10 days
- Don't wait – book a test immediately
- Your household members need to self-isolate for 14 days
- If you test positive, you'll be contacted by the NHS Test and Trace team, and they'll advise anyone you've had contact with to self-isolate too

Keep up to date on coronavirus information at: **leicestershire.gov.uk**

Book your test online at **nhs.uk/ask-for-a-coronavirus-test** or call 119.

Umów się na test

w Internecie na stronie **nhs.uk/ask-for-a-coronavirus-test**
dzwoniąc pod numer 119

तमारी टेस्ट अडिथी बुक करो:

ओनलाइन पर **nhs.uk/ask-for-a-coronavirus-test**
फ़ोन करो 119 पर

اپنا ٹیسٹ بک کریں:

آن لائن پر **nhs.uk/ask-for-a-coronavirus-test**
119 پر ٹیلیفون کریں

ਆਪਣੀ ਜਾਂਚ ਲਈ ਬੁਕਿੰਗ ਕਰਵਾਓ:

nhs.uk/ask-for-a-coronavirus-test 'ਤੇ ਆਨਲਾਈਨ ਜਾ ਕੇ
119 'ਤੇ ਕਾਲ ਕਰਕੇ

आपना टेस्ट बुक करून:

अनलाइने **nhs.uk/ask-for-a-coronavirus-test**
119-ए फोन कर

Baaritaan buug-gareyso:

Online-ka **nhs.uk/ask-for-a-coronavirus-test**
wac 119

Test si rezervujte:

on-line na stránke **nhs.uk/ask-for-a-coronavirus-test**
zavolajte na číslo 119

अपना परीक्षण बुक करें:

ऑनलाइन **nhs.uk/ask-for-a-coronavirus-test** पर
फ़ोन मिला कर 119 पर