



# Help control coronavirus in Hinckley

**KEEP THE  
RATE DOWN  
IN LEICESTER  
LEICESTERSHIRE  
AND RUTLAND**

**COVID-19**

 Leicestershire  
County Council



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

**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:



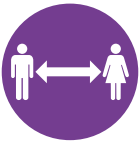
### Hands

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.

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## The main symptoms of coronavirus are:



**High temperature**



**Continuous new cough**



**Loss of smell**



**Loss of taste**

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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

તમારી ટેસ્ટ અહિંથી બુક કરો:

ઓનલાઇન પર **nhs.uk/ask-for-a-coronavirus-test**  
ફોન કરો 119 પર

اپنا ٹیسٹ تک 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 टैस्ट 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