

# Play your part in controlling coronavirus

Stop the spread:  
get tested if you have  
coronavirus symptoms



**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Coronavirus in Blaby district

You are receiving this leaflet because you live in Blaby district and we're seeing higher rates of coronavirus in this area.

We must all take action to help stop the spread of coronavirus, protect our community and the NHS.

## To protect yourself and others please...



### 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

Keep up to date on coronavirus information at:

**[leicestershire.gov.uk/testBlaby](https://www.leicestershire.gov.uk/testBlaby)**

## Get tested – only 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.

Remember the main symptoms of coronavirus are:



High temperature



Continuous new cough



Loss of smell



Loss of taste

## Book your test

online at [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test) 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

# Book your test

online at [nhs.uk/ask-for-a-coronavirus-test](https://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](https://nhs.uk/ask-for-a-coronavirus-test)  
dzwoniąc pod numer 119

ਤਮਾਰੀ ਟੇਸਟ ਅਛਿਥੀ ਯੁਕ ਕਰੋ:

ਓਨਲਾਈਨ ਪਰ [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test)  
ਫ਼ੋਨ ਕਰੋ 119 ਪਰ

اپنا ٹیسٹ بک کریں:

آن لائن [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test)  
پر 119 ٹیلیفون کریں

ਆਪਣੀ ਜਾਂਚ ਲਈ ਬੁਕਿੰਗ ਕਰਵਾਓ:

[nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test) 'ਤੇ ਆਨਲਾਈਨ ਜਾ ਕੇ  
119 'ਤੇ ਕਾਲ ਕਰਕੇ

আপনার টেস্ট বুক করুন:

অনলাইনে [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test)  
119-এ ফোন করে

Baaritaan buug-gareyso:

Online-ka [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test)  
wac 119

Test si rezervujte:

on-line na stránke [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test)  
zavolajte na číslo 119

अपना परीक्षण बुक करें:

ऑनलाइन [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test) पर  
फ़ोन मिला कर 119 पर