



KEEP THIS LEAFLET SAFE
in case you need these details



Northamptonshire
County Council

CORONAVIRUS

Important information for residents

COVID-19 (coronavirus) cases are rising in this area and you and your community are at risk!

We need to work together to avoid a local lockdown. We all need to follow these measures:

- Minimise social contact where you can
- If you have to go out, keep at least 2 metres from others
- Use a face covering in all shops and if you are less than 2 metres from others
- Wash your hands regularly and thoroughly for 20 seconds each time
- If you have coronavirus symptoms, please follow the guidance overleaf

#NorthantsTogether

COVID-19 symptoms include:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

If you have COVID-19 symptoms:

- Do not go to work. Either work from home or report sick, self-isolate and get a test
- Stay at home, self-isolate and get a test
- Even if you only have mild COVID-19 symptoms, get a test
- If you are contacted by the NHS test and trace service and asked to self-isolate, stay at home for 14 days

To get a test, either:

- Book online at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)
- Call **119**
- Home testing kits can also be ordered, subject to availability



For more of the latest local advice visit www.northamptonshire.gov.uk

On social media? Search **#NorthantsTogether** for information and advice from local NHS, Police, District and Borough Councils and other local organisations.

- Information in other formats and languages
- Health advice
- Support for vulnerable people