

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
- By law you must wear a face covering on public transport, in a hospital and, from 24 July, in shops too. To keep each other safe, please also wear one in enclosed public spaces where safe social distancing may be difficult

LOOK OUT FOR SYMPTOMS

- New, persistent cough
- High temperature
- Loss of smell or taste

GOT SYMPTOMS? STAY AT HOME AND GET TESTED

- Self-isolate for 7 days
- Anyone you live with must self-isolate for 14 days
- Organise a test by going to

nhs.uk/coronavirus OR CALL 119

THE COUNCIL IS HERE TO HELP IF YOU ARE WORRIED ABOUT BEING ABLE TO SELF-ISOLATE

Whether you're worried about what your employer will say or need help getting food delivered, help is available -

020 7974 4444 (option 9).