

Keep Camden safe

Alert Risk

High



Camden is on Covid **high alert**

High alert means we must do more to help keep each other safe



Help keep each other safe and stop cases from rising even more by following the advice we give here

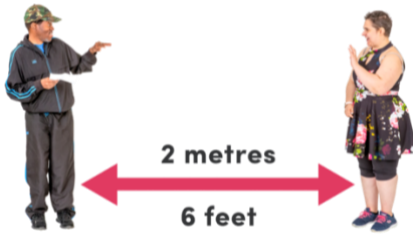


Stay safe

Wash your hands often and for **20 seconds**



You must wear a face covering or mask in indoor public spaces unless you have a medical reason not to

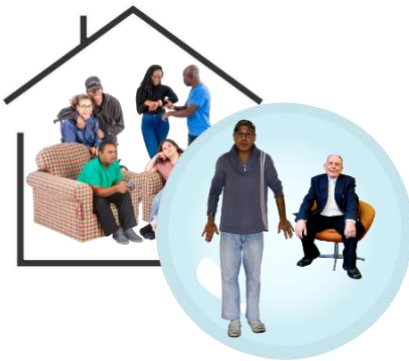


Keep **2 metres** away from people you don't live with, where possible



Don't socialise outdoors in groups of more than 6

It is ok if the 6 people you socialise with are not in your bubble or household



Only socialise indoors with people you live with or those in your bubble



Work from home if you can



Travel less



Cycle or walk if you can



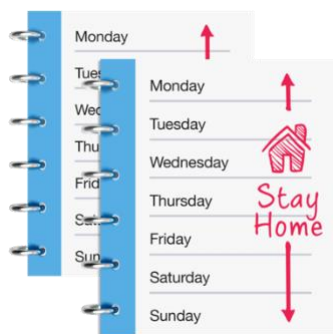
Gyms and swimming pools are open

Look out for symptoms



- New, continuous cough
- High temperature
- Change in your sense of smell or taste

Stay at home and get tested if you have symptoms



You must self-isolate for **10 days**

Anyone you live with must self-isolate for **14 days**



You can ask for a test

- online at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



- by calling **119**



For support to self-isolate contact the Council

Phone **020 79 74 44 44** - choose **option 9**