

# Covid cases are very high across London Stay at home



Covid cases across London are very high

The country is in **lockdown**

There are **new rules** to follow



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



Stay at home unless you're leaving the house for a permitted reason



You must work from home if you can



Only **leave home** to exercise once a day with

- your household



- your bubble



- 1 person from another household



- or on your own



Only socialise **indoors** with

- your household



- or your bubble



Only travel for a permitted reason

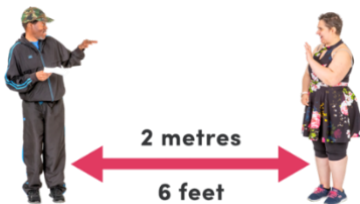
## Stay safe



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



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

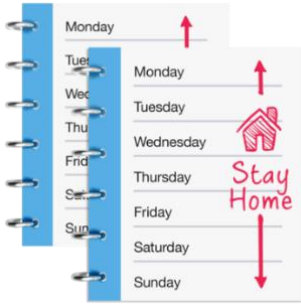


Keep **2 metres** away from people you don't live with, where possible

## 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**



- by calling **119**



For support to self-isolate contact the Council

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