



STAY HOME STAY SAFE

HELP PREVENT THE SPREAD OF COVID-19

Latest advice on how to self-isolate:

If you have tested positive for COVID-19 or have been told to self-isolate you should:

- Go home and stay at home
- Do not leave your home unless for medical reasons
- Stay away from those you live with
- Do not go out for walks or exercise
- Do not meet friends
- Do not go to work or school
- Isolate for 10 days if you are COVID-19 positive
- Isolate for 14 days if you are told you are a contact
- Contact our Here 2 Help service if you have no support:
www.worcestershire.gov.uk/here2help

You should not go outside at all. This is different advice to during a lockdown.

Self-isolating means you must not leave your home, not even for a daily walk.

Make sure you have plenty of healthy food and drinks, books, magazines and other activities to keep you busy.

Let friends, family and contacts know to stay away.

Please stay at home and stop the virus spreading

Get all the latest updates at:
www.worcestershire.gov.uk/coronavirus