

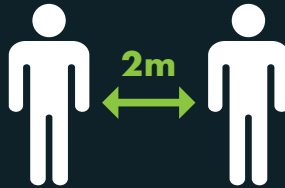
SWINDON

**IT'S UP TO
ALL OF US**

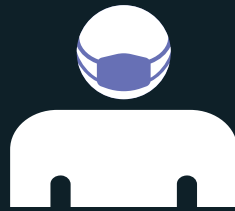
**IT'S IMPORTANT
THAT WE DO A
FEW SIMPLE
THINGS TO KEEP
OURSELVES AND
SWINDON SAFE:**



**WASH YOUR HANDS
REGULARLY WITH SOAP
AND WATER (use hand
sanitiser as a back-up)**



**KEEP 2 METRES
APART**



**WEAR YOUR FACE
COVERING INSIDE
ENCLOSED SPACES**



**AVOID SHARING
CARS WITH OTHERS**

SWINDON

**IT'S UP TO
ALL OF US**

**IF YOU HAVE
COVID-19
SYMPTOMS,
NO MATTER
HOW MILD:**



**SELF-
ISOLATE**



**GET
TESTED**



**KEEP
OTHERS SAFE**

Stay at home for 10 days
and do not leave your
house. Everyone living in
your household must
self-isolate for 14 days.

Do not go out for any
reason, even for work,
shopping or to socialise.
Do not mix with anyone
outside your household.

**If you have a high temperature, cough or loss
of taste or smell, book your test now**

**TO BOOK A TEST CALL 119 OR VISIT
<https://www.gov.uk/get-coronavirus-test>**