

# CORONAVIRUS CASES ARE HIGH ACROSS LONDON



## LOCKDOWN RESTRICTIONS



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



Visiting vulnerable people? Take extra precautions



You must work from home if you can



Only socialise outdoors with your household, bubble or 1 person from another household



Only socialise indoors with your household or bubble



Avoid travelling in or out of your local area

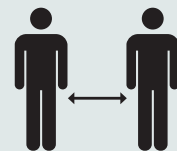
## FOLLOW PUBLIC HEALTH ADVICE



Wear a face covering in indoor public spaces, unless you're exempt



Wash your hands regularly



Keep 2 metres apart from people you don't live with

## GOT SYMPTOMS? SELF-ISOLATE AND GET TESTED



New, continuous cough



High temperature



Loss of, or change to, your sense of smell or taste

Request a test online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**OR CALL 119**

For support to self-isolate, call the Council on **020 7974 4444 (option 9)**