



Stopping coronavirus (COVID-19) from spreading: what you can do to help

September 2020

	<p>Coronavirus is a new illness.</p> <p>Some people call it COVID-19.</p> <p>Coronavirus can affect your lungs and your breathing.</p>
	<p>Symptoms of coronavirus are:</p> <ul style="list-style-type: none">• a high temperature• a new cough where you keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day• losing or noticing a change to your sense of smell or taste

What this guidance is about



This guidance is to help you:

- think about what you can do to stop the virus spreading
- think about making a plan for how you will follow the guidance in your daily life

Stopping the virus spreading



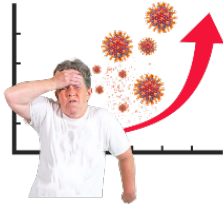
It is important that everyone helps to stop the virus spreading.

Some people might not have any symptoms but still have the virus.

They can still give the virus to other people even if they don't feel poorly themselves.

This is why everyone should follow the rules even if they don't feel poorly themselves.

Local restrictions



In some areas of the country lots of people are catching coronavirus.



If you live in one of these areas there may be different rules to keep people safe.



You can find out if there are different rules in your area by clicking [here](#).



You should follow the advice for your local area.



Your local council will also have information about what the rules are where you live.



You can find your local council by clicking [here](#).

How to protect yourself and others



Don't:



spend too much time with people unless you live with them or they provide care for you



touch your face or mask

Do:



try to stay 2 metres away from other people (social distancing)



wash your hands as often as possible



cough and sneeze into a tissue

Face coverings (masks)



It is the law for most people to wear a face covering in some indoor places like:

- shops
- buses and trams
- trains
- planes

You should also wear a face covering in some other indoor places if it is hard to stay 2 metres from people you do not normally meet.

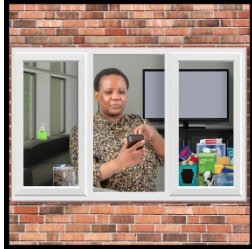
Some people do not have to wear a face covering because of their age, health or disability.

Find out where it is the law to wear a face covering and who does not have to wear one by clicking [here](#).

Support bubbles and social distancing

 	<p>If you live alone or are a single parent, you can visit friends or family in one other house this is called your support bubble.</p>
 	<p>You can stay overnight in each others houses.</p>
 	<p>You should still be extra careful around people who might get very poorly if they catch coronavirus.</p>
 	<p>Think about meeting outdoors if you can. If you meet indoors open a window or door to get fresh air in.</p>
 	<p>You must not meet in a group of more than 6, indoors or outdoors.</p>
	<p>This is the law for everyone.</p>

Staying at home



If you **have symptoms** of coronavirus, you should **stay at home** and book a free test straight away.



Do this online by clicking **here**. If you do not have internet access phone **NHS 119**.



If you live with other people, they **must** stay at home too.



Follow the advice you are given when you book your test.

You can find information about how to book a test and what to do next by clicking **here**.



If you are told by NHS test and trace you have been close to someone who has coronavirus you **must** stay at home and follow the advice they give you.

	<p>Some countries have lots of people who have coronavirus.</p>
	<p>If you have come back from one of these countries you must stay at home and follow the advice you are given.</p>
	<p>Find out which countries are affected by clicking here.</p>
	<p>If you are staying at home for any reason to do with coronavirus.</p> <p>Don't:</p> <ul style="list-style-type: none"> go outside except to your own garden or outside space have visitors to your home unless they are your carers <p>Carers who come to your home can find more information here.</p>