

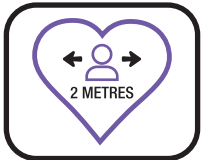
KEEPING THE PEOPLE YOU LIVE WITH SAFE

What to do if you test **positive** for COVID-19



Stay in and don't go out

- Don't go out for at least 10 days. Don't go out until your symptoms have gone
- Everyone you live with also needs to stay home for 10 days
- Don't take public transport to get your test. Walk or go in your own car, or order a home test
- If friends bring you anything, they should leave everything outside your home. Don't have face-to-face contact



At home

- Stay in your own room as much as possible
- Wear a face covering if you're in a room with anyone else
- Keep windows / doors open so that air flows through the house
- Stay 2 metres away from people – or as far as you can
- Don't share towels and clothes
- Use the kitchen when no one else is in there



Keep your home extra clean

- Wash everything at 60° and wear a face covering when you do the laundry
- Regularly clean everything you've touched using bleach or disinfectant
- Don't forget to clean things like light switches and door handles

WE STAY AWAY FROM EACH OTHER TO STOP THE VIRUS SPREADING