

What you need to do to help prevent coronavirus spreading in Swindon

Swindon Needs you to play your part and everyone must follow the rules for us to control the virus - Lets keep Swindon Safe

1. When you leave home, you must:

- wash your hands - keep washing your hands regularly for more than 20 seconds
- cover your face - wear a face covering over your nose and mouth in enclosed spaces. Learn more including how to make your own.
- make space - stay at least a metre away from people not in your household, preferably two metres where possible

When you are at home, it is important that you minimise contact with others outside of your household in order to reduce the spreading of the virus.

2. Look out for these symptoms:

- high temperature
- cough
- loss or change to sense of taste
- loss or change to sense of smell

3. If you have symptoms:

- self-isolate - do not leave home for at least ten days
- get tested - book online [gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) for a local test or book a test by calling 119.
- Those living in your household should self-isolate for 14 days if you or any members of the household receive a positive test.
- stay at home - staying at home means not going out for any reason, including to work, or the shops and not having anyone else come to your house

4. Avoid car sharing, but if you have to:

- wear a face covering
- sit as far away as possible
- only car share with the same small group
- keep windows open throughout the journey
- wash hands before and after the journey
- clean the car before and after every journey

