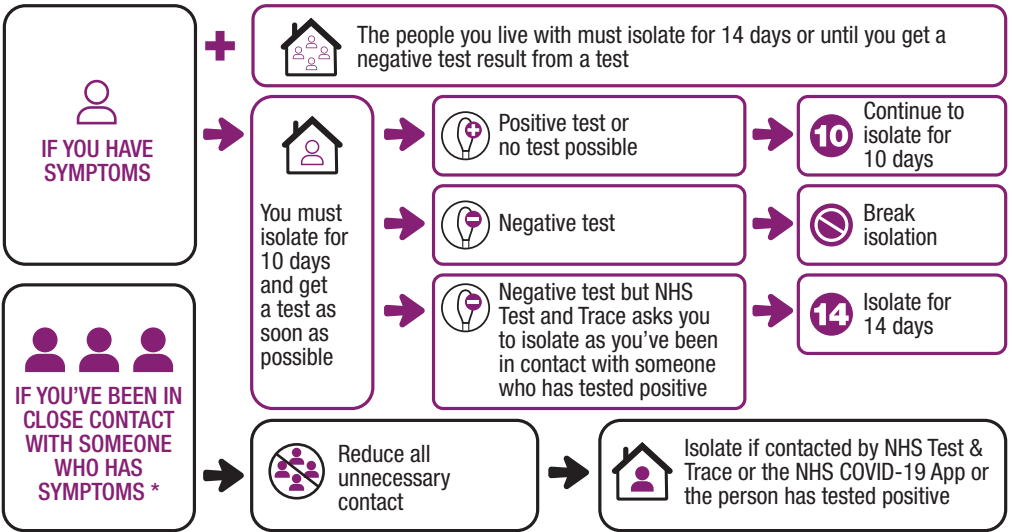


STAY AT HOME

if you or someone you live with has symptoms of COVID-19

**HIGH TEMPERATURE OR NEW
CONTINUOUS COUGH OR NEW LOSS OF,
OR CHANGE TO, YOUR SENSE OF TASTE
OR SMELL**



* People you have been in close contact with includes those:

- who you have spent time with at less than 1 metre
- who you have spent 15 minutes or more with, less than 2 metres apart
- who you have been with in a car/van

Keeping your distance helps keep others safe and COVID-19 free

For help isolating including a £500 grant for those who are eligible, visit:

www.newham.gov.uk/CovidSupportPayment

COVID-19 HELPLINE: 020 7473 9711 (1-7pm, 7 days a week)

covidhelp@community-links.org