

## Living in a shared house?

How to keep yourself and others safe during Coronavirus

### Protect your friends and family from COVID-19

Keep a safe 2m distance and meet outside where possible

Wear a face covering on public transport, in shops and in crowded places

Wash your hands regularly for 20 second with soap and water, or hand sanitiser

#### The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with Coronavirus will have at least one symptom, although it is possible to still have the virus and be asymptomatic.

#### When to self-isolate

##### Self-isolate if:

- you have any symptoms of coronavirus
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or has tested positive
- someone in your support bubble has symptoms or has tested positive
- you're told by NHS Test and Trace that you've been in contact with a person with coronavirus

#### Support in self-isolation

If you can, please contact family, friends or neighbours and let them know how they can help you.

If you don't have anyone who can help you can contact us on **01609 780780** every day between 8am and 5:30pm and we will direct you to the right support.

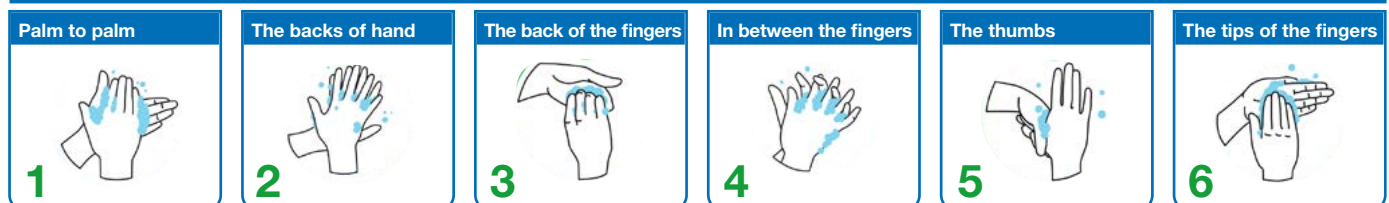
#### How long to self-isolate

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at **least 10 days**.

##### You'll usually need to self-isolate for 14 days if:

- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you've been told by NHS Test and Trace that you've been in contact with someone who has coronavirus

### Wash your hands with soap and water more often for 20 seconds



Use a clean tissue to turn off the tap. Dry hands thoroughly

#### Useful contacts

To find out how to book a COVID-19 test if you have symptoms and where to go for local testing sites, please visit: [www.northyorks.gov.uk/coronavirus-covid-19-testing](http://www.northyorks.gov.uk/coronavirus-covid-19-testing)  
Alternatively, contact the NHS Test and Trace service on **119** to access testing.

How to book a test: Call **119** or visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)