



HM Government

NHS

Test and Trace

CORONAVIRUS **SELF-ISOLATE** **WHEN ALERTED**

If you're told you have been exposed to an infected person you must self-isolate for 14 days.

PLAY YOUR PART.
PROTECT YOUR FRIENDS AND FAMILY.

nhs.uk/coronavirus or call 119

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES