



Feel unwell or
have a temperature,
with **COVID-19** or
flu-like symptoms?

Here are 4 things you can do...

Swipe left...





1 **Try to stay at home, avoid contact with others** and follow the guidance on **gov.uk...**





2 Try to work from home

if you can. Unable to work from home? Talk to your employer about the options available to you...





3 Got a medical or dental appointment, or someone doing work at your home?

Let them know about your symptoms...





4 If you leave home,

wear a face covering, avoid crowded or enclosed places and stay away from those at high risk from COVID-19.

