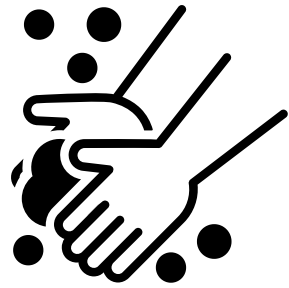


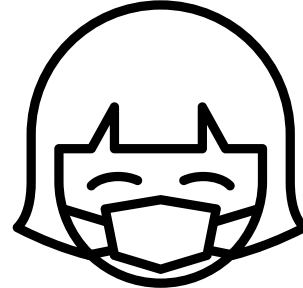
# Help us keep Lincolnshire safe

1

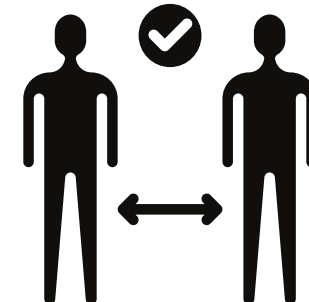
## Follow Government guidelines:



Wash hands



Cover face



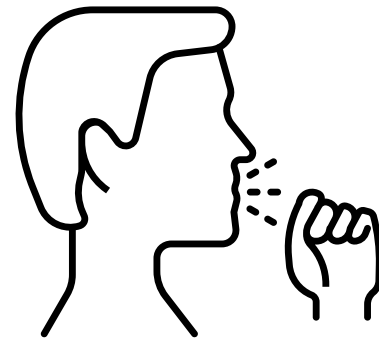
Make space

2

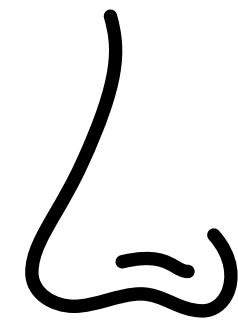
## Get a test if you have:



High temperature



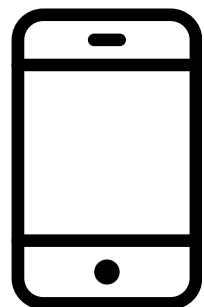
New continuous cough



Change in sense of smell or taste

3

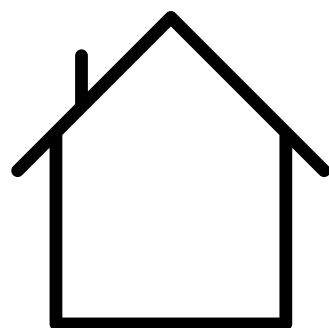
## Book a test via:



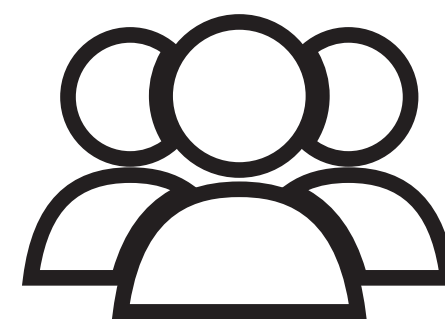
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119

4

## If you have symptoms or test positive:



Stay home for 10 days



Other members of your household should stay home for 14 days

We're here to help - call us on 01522 782189 or visit [www.lincolnshire.gov.uk/coronavirus/requesthelp](http://www.lincolnshire.gov.uk/coronavirus/requesthelp)