



# STAY HOME STAY SAFE

HELP PREVENT THE SPREAD OF COVID-19

## Latest advice on how to self-isolate:

If you have tested positive for COVID-19 or have been told to self-isolate you should:

- Go home and stay at home
- Do not leave your home unless for medical reasons
- Stay away from those you live with
- Do not go out for walks or exercise
- Do not meet friends
- Do not go to work or school
- Isolate for 10 days if you are COVID-19 positive
- Isolate for 14 days if you are told you are a contact
- Contact our Here 2 Help service if you have no support:  
[www.worcestershire.gov.uk/here2help](http://www.worcestershire.gov.uk/here2help)

**You should not go outside at all. This is different advice to during a lockdown.**

**Self-isolating means you must not leave your home, not even for a daily walk.**

**Make sure you have plenty of healthy food and drinks, books, magazines and other activities to keep you busy.**

**Let friends, family and contacts know to stay away.**

Please stay at home and stop the virus spreading

Get all the latest updates at:  
[www.worcestershire.gov.uk/coronavirus](http://www.worcestershire.gov.uk/coronavirus)