THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

GOT COVID SYMPTOMS?

New, continuous cough

High temperature

Loss or change of sense of smell or taste

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Self Isolate immediately

- Stay at home for at least 10 days
- Your household should stay at home for 14 days

Book a test

- Go to nhs.uk/coronavirus or call 119
- Stay at home until you recieve a result

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Positive for COVID-19

- Stay at home for the full 10 day period
- Share contacts with NHS Track and Trace

Negative for COVID-19

- Stop self isolating if you feel well
- Follow the latest advice around social distancing

KEEP KINGSTON SAFE

NHS
Test and Trace