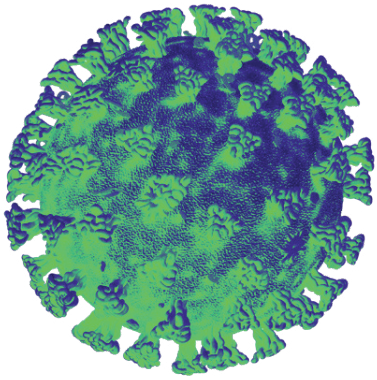
HM Prison & Probation Service

National Probation Service

Coronavirus

Isolate yourself
Stay at home



If you have: a high temperature, a new and continuous cough – even if it is mild, a loss of smell or taste:

- ✔ **Stay at home** for 10 days from the first symptom and keep away from others
- ✔ **Self-isolate for 10 days** if you have been in contact with someone who has tested positive
- ✖ **DO NOT** go to the GP or hospital
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice
- ✔ **Only call NHS 111** if you can't get online or your symptoms worsen
- ✔ **Protect older people** and those with existing health conditions by avoiding contact

Find out how to isolate at home
nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF OTHERS & THE NHS