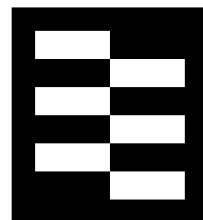




HM Prison &
Probation Service

National
Probation
Service



Coronavirus

Isolate yourself

Stay in your room

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

- ✓ **Stay in the Approved Premises** 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

