



Guide to reducing the spread of Coronavirus in Norfolk

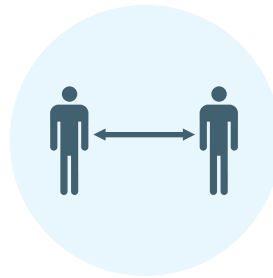
The best way to stay safe is to keep doing the things shown below. All of these actions will help to reduce the spread of the virus from one person to another.



Clean our hands



Use tissues to catch sneezes and coughs



Keep our distance from others



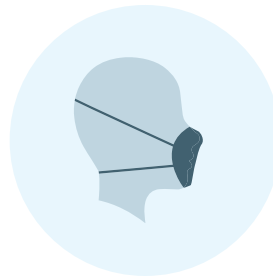
Work from home if possible



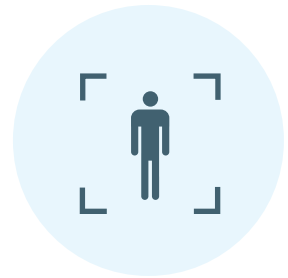
Keep surfaces/ touchpoints clean



Reduce hand to face contact



Cover our noses and mouths where appropriate

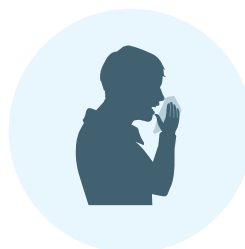


Isolate if symptomatic or identified contact

The best way to prevent infections being spread is to isolate as soon as we notice symptoms, so we have no face to face contact with anyone outside of our household. It's important to do this straight away, and for everyone in the household to isolate as they could also be infectious, even without symptoms.



High temperature



Continuous cough



Change to or loss of sense of smell / taste

Then we should:

1.



Start isolating at home

(including other household members)

2.



Book a test

NHS.uk/coronavirus or call 119

Key workers can email **NHScovidtesting@nnuh.nhs.uk** to book a test at their local hospital in Kings Lynn, Norwich or Gorleston.

3.



Have the test

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NEGATIVE RESULT

Household stops isolating immediately. You stop isolating if no symptoms

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POSITIVE RESULT

You continue to isolate for 7 days. Household isolates for 14 days. If anyone else in household develops symptoms they should book a test.

The Test & Trace system is necessary to catch any possible outbreaks as we slowly come out of lockdown. It will only work if everyone does it. The best way to avoid it is to keep distancing from others.

1.



You will be alerted by

NHS Test and Trace

2.



You must Isolate for 14 days after close contact

Key workers can email **NHScovidtesting@nnuh.nhs.uk** to book a test at their local hospital in Kings Lynn, Norwich or Gorleston.

If you develop symptoms

3.



Book a test

NHS.uk/coronavirus or call 119

Household isolates whilst waiting for result. If positive, household isolates for 14 days

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NEGATIVE RESULT

- Household stops isolating immediately
- **You complete 14 day isolation**

+

POSITIVE RESULT

- You begin new **7 day isolation**
- Household completes **14 day isolation**