



You have been in contact with someone who has tested positive for Coronavirus

You need to ISOLATE

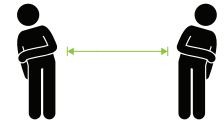
What does this mean?



Do not leave your home, hotel room or other accommodation unless it is an emergency.



Do not go to the shop, exercise, walk the dog or go to any other place in community. If your house has a backyard or balcony, you can go outside, but you need to stay two big steps away from other people in your house.



You need to use a separate bedroom and bathroom, away from other people living in your house.



If you can't isolate in your home, please speak to your doctor or clinic for somewhere you can isolate.



Do not share dishes, cups, cutlery, bedding or other items. After using these, you should wash them with soap or detergent. You should also clean the surfaces you touch, like door handles, water taps, tables and benches often.



Do not let visitors into your house - only people who live with you should be in your home.



Your clinic or doctor will ring you and let you know when you can stop isolating and leave your home.



If you are getting more sick, ring your clinic or hospital for advice – the best number for you to call is



If you do not follow these instructions, the police can be called and you could be fined.

We are asking you to do this to help protect your community.

Keep community safe and strong.

