COVID-19 is an **infectious disease** caused by a newly discovered coronavirus.
Most people will experience mild to moderate illness and recover without special treatment.
Older people, and those with underlying medical problems are more likely to develop serious illness and die.

COVID-19

You must protect yourself and others!

Hands. Face. Space.

- wash your hands for at least 20 seconds
- wear a face covering
- stay 2 metres apart from other people

STAY HOME, SAFE LIVES!
You must not leave, or be outside of your home except:

- shop for basic necessities,
- seek medical assistance
- go to work, when you cannot work from home
- exercise once a day in your local area

If you have any of these symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test and stay at home!!

Staying safe at home

- regularly wash your hands for at least 20 seconds
- clean frequently touched surfaces often
- let plenty of fresh air into your home

Download the app.

The NHS App is available now on iOS and Android.
The app has a number of tools:
- contact tracing,
- information about restrictions
- venue check-in.
The app does not share your information with the NHS or the government, so your privacy is protected.

If you break the rules

- You can be given a Fixed Penalty Notice of **£200** for the first offence, doubling for further offences up to a maximum of **£6,400**.
- If you are involved in holding, an illegal gathering, the police can issue fines of **£10,000**.

Act like you've got it and help to protect your community!
Find more information at https://www.gov.uk/coronavirus