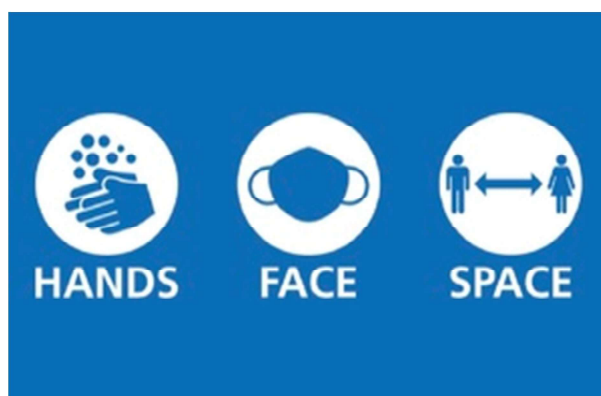


## COVID 19



The guidance is changing daily - so to keep up to date, please visit this website  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

IF YOU HAVE A NEW, DRY, CONTINUOUS COUGH AND OR A TEMPERATURE - YOU MUST SELF ISOLATE FOR 7 DAYS. YOU DO NOT NEED TO CONTACT 111, OR US. IF YOU FEEL UNWELL, THEN USE THE ONLINE 111 CHECKER AT THE WEBSITE LINK BELOW, OR IF YOU ARE UNABLE TO DO THIS, THEN CALL 111 FOR ADVICE.

Please do not come to the surgery if you are suffering any of these symptoms

Read the following information regarding test and trace -

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Read the following information if you have been asked to self – isolate

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>