



**KEEP  
SOUTHWARK  
SAFE**



**Test and Trace**

# **KEEP SOUTHWARK SAFE: TEST AND TRACE**

**We all need to do our bit to help keep ourselves, our families and our communities safe.**

To reduce the spread of COVID-19 and prevent another lockdown people should:

- Keep social distancing
- Wash hands often and for at least 20 seconds
- Wear a face covering (unless you are exempt), which is now compulsory in shops and on public transport
- Provide your contact details, if asked, when visiting public places like pubs or restaurants, for the test and trace programme

**If you get ANY symptoms, get a  
FREE test immediately**

# GET A FREE TEST

If you have any of the symptoms of COVID-19 (cough, temperature, loss of taste or smell) you should stay home and arrange a FREE test as soon as you can – ideally within the first five days of having symptoms. This is essential to quickly identify any new infections and prevent onward spread to other people.

**You can book a test online on the NHS website**

**[www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**

**or by calling 119**

The NHS Test and Trace programme offers free swab tests to check if you have the virus. You can take the test through a home test kit, or at a test site.

While waiting for the results of a test you, anyone you live with and anyone from your social bubble, should self-isolate.

**If you have any concerns about self-isolating, support is available for you.**

**Visit [www.southwark.gov.uk/coronavirus](https://www.southwark.gov.uk/coronavirus) for more information.**