

# LOCAL COVID ALERT LEVEL

# HIGH

**Cases are rising**

**Stop the spread**

**Keep Tamworth open**

## If you display any symptoms:



### Self-isolate

Stay at home for 10 days.  
People you've been in close  
contact with must self-isolate  
for 14 days.



### Get a test

Book a test straight away at:  
[www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)  
or ring 119.

**We must all do our bit to protect each other**

[www.staffordshire.gov.uk/coronavirus](https://www.staffordshire.gov.uk/coronavirus)