

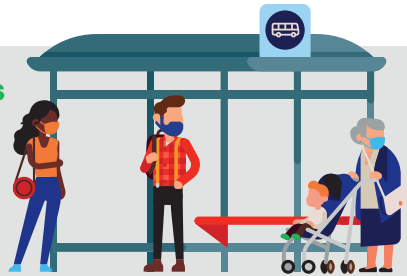
# Stay COVID-secure when you walk out the door

By following these simple steps:

Avoid car sharing – you **MUST** wear face coverings if you share cars with anyone outside of your household or bubble and have the windows down, clean the door handles inside and out



When queuing for buses, keep **2 metres away** from others whilst queuing or wear a face covering where it is crowded. On buses, **wear a face covering** and space apart from others.



If you use a smoking area, stay **2 metres away** from others and avoid facing other people



When socialising with others outside of your household, keep **2 metres away** from others, do not share items, wash hands regularly



Public Health  
Northamptonshire

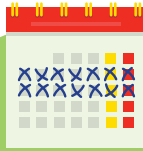


Northamptonshire  
County Council

# If you test positive and you live with other people, you must follow the advice below



Self-isolate for **10 days** from when your symptoms started.



All other household members must stay at home for **14 days** from the day the first person became ill or their test was taken.



Stay in a well-ventilated room with a window that can open, separate from other people in your home if possible. Keep the door closed.

Use a separate bathroom from the rest of the household, if available. If this is not possible, consider having a bathroom rota for washing or bathing. You should use the facilities last, before thoroughly cleaning the bathroom.



Use separate towels from other household members, both for bathing or showering and for hand hygiene purposes.



Avoid using shared spaces such as kitchens whilst others are present. Take your meals back to your room to eat.



Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.



Book COVID-19 tests by calling 119 or online at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)