Help us keep Lincolnshire safe

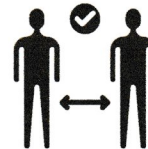**1** **Follow Government guidelines:**

Wash hands   Cover face   Make space

2 **Get a test if you have:**
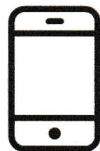
High temperature   New continuous cough   Change in sense of smell or taste

3 **Book a test via:**

www.nhs.uk/coronvirus or call **119**

4 **If you have symptoms or test positive:**

Stay home for 10 days   Other members of your household should stay home for 14 days

We're here to help - call us on 01522 782189 or visit