

TIER 2: HIGH

CITY OF
WOLVERHAMPTON
COUNCIL



NHS



5 THINGS WE ALL MUST DO TO STOP THE SPREAD OF COVID-19

**FOLLOW
GUIDANCE**



Follow the latest guidance:
[wolverhampton.gov.uk/COVIDALERT](https://www.wolverhampton.gov.uk/COVIDALERT)
and [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**HANDS
FACE
SPACE**



Wash your hands regularly,
wear a face covering where required
and stay 2m apart from others
(1m+ when this isn't possible)

**GET
TESTED**



Get a Covid-19 test if you have symptoms:
[gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or call 119

**STAY AT
HOME**



Stay home as much as possible
and work from home if you can

**DOWNLOAD
THE APP**



Download the NHS Covid-19 app,
check in to venues and
share your contact details
for NHS Test and Trace

WOLVERHAMPTON.GOV.UK