



HM Government



CORONAVIRUS

Stay at home for 14 days if you or someone in your household has either:

a high temperature
a new, continuous cough

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111. Testing for coronavirus is not needed if you're staying at home.

If you need help with deliveries or want regular calls whilst self-isolating, contact Marton Parish Council via Helen on clerk@martonvillage.com or (01926) 633 338.

Use the NHS 111 online coronavirus service if:

you feel you cannot cope with your symptoms at home
your condition gets worse
your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.



For more information and the Government's Action Plan go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)