



## Living in a house share or bedsit?

Be extra careful as you are more at risk from COVID

There is a new strain of COVID-19 which spreads even faster

The number of cases is worryingly high in London

Around 1 in 3 people have no symptoms, so will be spreading it without realising

**It's really important that you keep following public health advice to keep yourself and others safe.**

- If you have symptoms, do not use shared facilities at the same time as other people
- Do not invite visitors into your home
- Wash your hands regularly
- Clean the bathroom and kitchen with household cleaning products more frequently
- Clean things people touch the most such as taps, tables, door handles, light switches and remote controls
- Open windows regularly

### Got symptoms?

Stay at home and get tested  
Book a free test:  
[www.brent.gov.uk/covidtesting](http://www.brent.gov.uk/covidtesting)

Everyone in your house will have to self-isolate for 14 days as well.

Call NHS 111 if you're worried about your symptoms or someone you live with. In an emergency, dial 999.