

COVID Alert Levels



HM Government

Level	Description	Action
5	As level 4 and there is a material risk of healthcare services being overwhelmed	Social distancing measures increase from today's level
4	A COVID-19 epidemic is in general circulation; transmission is high or rising exponentially	Current social distancing measures and restrictions
3	A COVID-19 epidemic is in general circulation	Gradual relaxing of restrictions and social distancing measures
2	COVID-19 is present in the UK, but the number of cases and transmission is low	No or minimal social distancing measures; enhanced testing, tracing, monitoring and screening
1	COVID-19 is not known to be present in the UK	Routine international monitoring

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

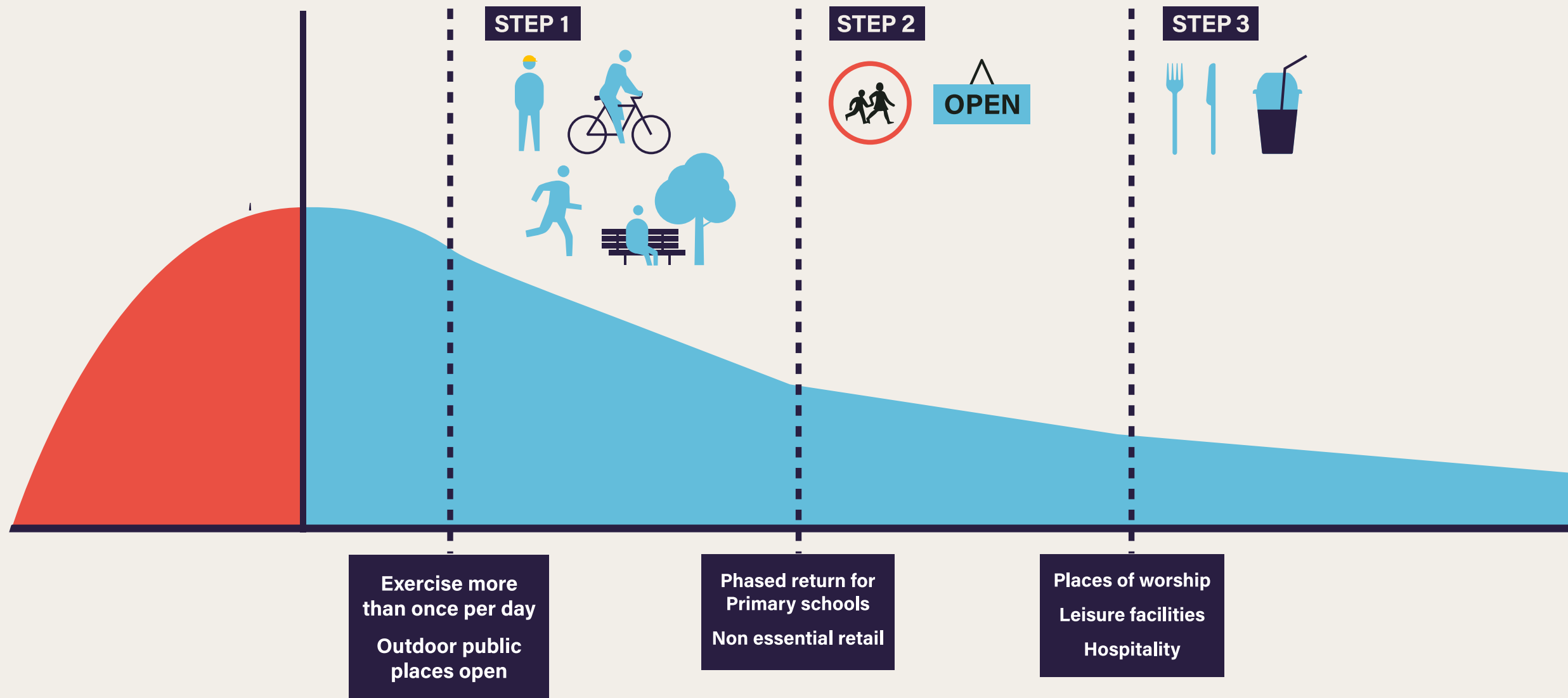
Steps of adjustment to current social distancing measures



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R more than 1
caseload increasing

R less than 1
caseload decreasing



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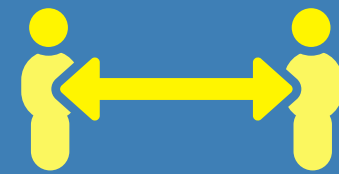
We can help control the virus if we all **STAY ALERT**



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Stay at home as
much as possible



Keep your distance
if you go out
(2m where possible)



Work from home
if you can



Wash your
hands regularly



Limit contact with
other people



Do not leave home if
you or anyone in your
household has symptoms

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How we can control the virus



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- ▶ **We can control the virus by keeping the rate of infection and the number of infections down.**
- ▶ **This is how we can continue to save lives and livelihoods as we start to recover from Coronavirus.**
- ▶ **Everyone has a role to play in keeping the R down by staying alert and following the rules.**

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