



Thank you for all you have done – your care makes us all proud



Even though legal restrictions are lifting on 19 July, lots of people in Manchester are still getting COVID-19. The disease has not gone away. In fact, cases are increasing, so please keep caring and:



Meet people outside

Fresh air helps to blow droplets of the virus away. When you're inside, keep windows open.



Get your jabs

Having both doses of the vaccine will prevent most people becoming seriously ill.

manchester.gov.uk/getmyjab



Get tested

Keep having rapid lateral flow tests twice a week if you don't have symptoms.

If you have Covid-19 symptoms, book a PCR test for the most accurate result

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>
or call 119.

If you are a contact of someone who tested positive

Have a PCR test to confirm whether you have COVID-19 or not

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>
or call 119.



Wear a face covering

Always wear a face covering inside and when using public transport, as other people might feel uncomfortable if you don't. Wearing a face covering is an act of kindness. It's a simple thing we can all do to keep those around us safe, and it helps to keep the wearer safe too.



Self-isolate

If you have any symptoms or test positive, please self-isolate. Stay at home and don't meet up with anyone. This helps to stop the spread of the disease.

If you need help to stay at home
https://secure.manchester.gov.uk/info/500362/covid-19/8032/help_with_finances_affected_by_covid-19



Think about others

Some people are at a higher risk of catching COVID-19, so it is best to meet them when they have had both vaccinations. When you're outside, make space for other people so they can social distance if they want to.



Wash your hands

Keep doing it, because it makes a big difference. Taking hand sanitiser out with you is very helpful too.



Schools

Secondary school-age children should have rapid lateral flow tests twice a week and record the results, even during the holidays. This helps keep COVID-19 out of schools.



Thank you again.
We will get there together.

