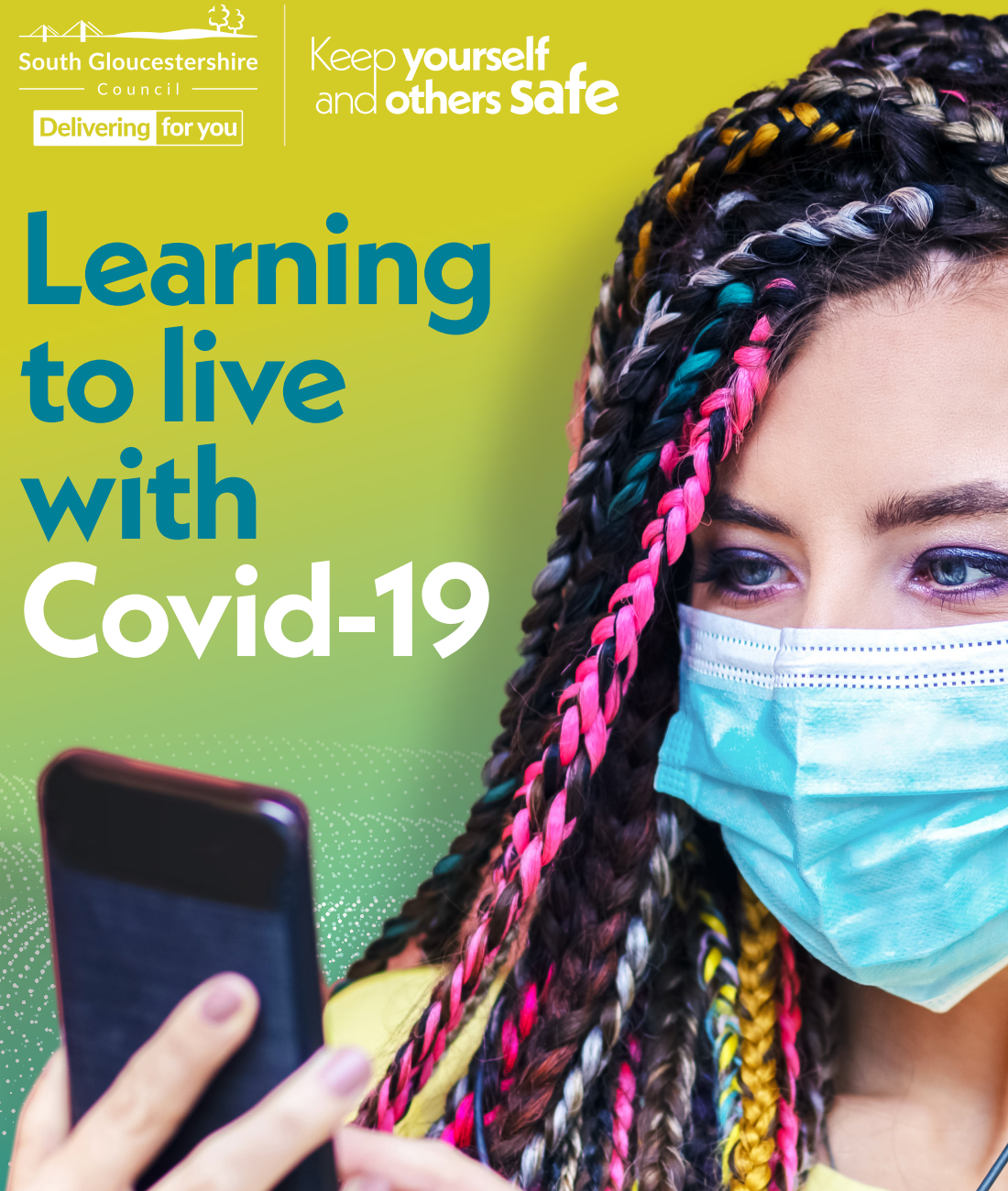


Learning to live with Covid-19



 www.southglos.gov.uk/coronavirus



FRESH AIR



TESTING



VACCINE



FACE



HANDS



Vaccination

Anyone who gets Covid-19 can become seriously ill or have long-term effects.

The vaccine is the best way to protect yourself and others and can help:

- reduce your risk of getting seriously ill or dying from Covid-19
- reduce your risk of catching or spreading Covid-19
- protect against Covid-19 variants

The first dose gives some protection but you need both doses for stronger and longer-lasting protection.

Millions of people have had a Covid-19 vaccine and the safety of the vaccines continues to be monitored. Reports of serious side effects are very rare. You can have the vaccine if you are pregnant, breastfeeding or trying for a baby.

Anyone aged over 18 is eligible to have both doses of the vaccine. Anyone over 16 is eligible to have a dose of the vaccine. If you're 18 and over you can book online or attend a walk in clinic. If you're 16 or 17 you will be contacted by the NHS or your GP or attend certain walk in clinics.

Book: [nhs.uk](https://www.nhs.uk) Walk in clinics: www.grabajab.net





Testing & Isolating

■ Testing if you have symptoms:

If you have any symptoms of Covid-19, even if they're mild – a high temperature, a new, continuous cough, a loss or change to your sense of smell or taste - you need to stay home and get a PCR test 🌐 www.gov.uk/get-coronavirus-test

■ Testing if you don't have symptoms:

Regular lateral flow tests help detect cases we wouldn't otherwise know about and protect us all. One in three people with Covid-19 do not have symptoms but can still spread the virus.

Anyone can get regular rapid lateral flow tests. You should do a rapid test twice a week (every 3 to 4 days). If you test positive, stay home and book a PCR test.

Go to 🌐 www.southglos.gov.uk/testing to find out how to access free regular tests locally.

■ Other reasons to test:

There are other reasons you may take a test, including:

- because you've been in close contact with someone who has tested positive (you will need a PCR test)
- going into hospital for surgery (this will be arranged for you)
- travelling abroad (you may need to pay for a test)
- if you work in a care home (staff can access PCR tests even if they do not have symptoms)

If you're fully vaccinated or under 18, you do not need to isolate following close contact with someone who has Covid-19.

You should take a PCR test and you must isolate if it's positive.

If you have symptoms you must self-isolate until you get your test result.

Support for those isolating, including financial help, is available 🌐 www.southglos.gov.uk/coronavirus

What should I do to protect myself and others now?

Covid-19 has not gone away. We need to continue following guidance and taking simple steps to help keep each other safe.



FRESH AIR

Meet outside where possible and keep indoor areas ventilated.



TESTING

Keep testing regularly even if you have no symptoms and have had both doses of the vaccine. If you have symptoms book or order a PCR test.



VACCINE

The best way to protect yourself from Covid-19 is to have both doses of the vaccine.



FACE

Wear a face covering in crowded areas or where you come into contact with people you don't meet regularly.



HANDS

Continue washing your hands regularly.



Protection

