

We're getting back to doing the things we love.

So it's important to keep taking the right steps to stay safe and reduce the risk of Covid.



**Covid's
still here**

We all want to do our best to protect each other. And there are plenty of things you can do to feel safe.

- Wear a face covering, unless you're exempt, when you're shopping, using public transport or out in public places to help protect yourself as well as others. It's good to try and avoid busier places too.
- Wash your hands regularly, especially when you get home after being out, before handling or eating food, and after sneezing or blowing your nose. Using hand sanitiser also helps when you are out and about
- Keep windows open at home, even a little, when you have visitors to help let fresh air in, and blow Covid out. But make sure to wrap up warm if you need to.
- If you're feeling unwell, the best thing to do is stay at home and arrange a PCR test to make sure you don't pass the virus on.
- Follow the current testing advice to help protect you and others.
- Keep up with any boosters or jabs that you are offered via the NHS or your GP, including your flu jab. Taking steps to protect yourself from Covid will also help keep you safe from flu this winter.

By continuing to take these positive actions, we can continue to go out more again and keep each other safe. But if you need a little more help taking these steps, or are worried about how Covid is affecting you, there is support and advice available to help.



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