

PROTECTING OURSELVES AND OTHERS AS WE MOVE FORWARD

Now that many restrictions have been lifted and many of us are returning to the workplace, it is still easy to feel anxious about our health and the health of those around us. **Here are a few tips to help make the transition smoother...**

If you have any COVID-19 symptoms, self-isolate at home and get a test as soon as possible. Main COVID-19 symptoms include:

- A high temperature
- A new, continuous cough
- A loss/change in your sense of smell or taste.

Find out more about **self-isolating** here:
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



If you are contacted by NHS Test and Trace, you also need to self-isolate and **get a test**. Order a test here:
<https://www.gov.uk/get-coronavirus-test>



And if it is part of your job requirement (or whenever it is helpful to know you are negative), you can also order a test, called a lateral flow test. This quick, free test can be obtained from many pharmacies or online (see above).



Make sure you get both doses of the COVID-19 vaccine. Now that millions of people have been vaccinated and most myths about the vaccine have gone away, it's important you take action and get your jabs. The vaccines will help you to not become unwell with or spread COVID-19.

However, those vaccinated are less likely to get a serious version of the virus and end up in hospital. If you haven't had yours yet, check out <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>



It's really important to **continue to socially distance** in enclosed or crowded places, like shops or on public transport. And although now not mandatory in most settings, we expect and recommend members of the public to continue to wear face coverings in crowded and enclosed spaces where you may come into contact with people you don't normally meet, e.g. public transport. **You're wearing one not only to protect yourself but to protect others.**

Be extra careful when visiting your GP surgery or hospital as well, using hand gel before and after attending. In fact, just keep using **hand gel and good hand hygiene** whenever you are out in public. This will help stop the spread of all kinds of bugs.

Try to meet up outdoors rather than inside this summer. If you have to be indoors with others, **keep the windows open** so air can circulate, lessening the chance of catching or passing on the virus.

If we work together and think of not only ourselves but of protecting each other, we can live and work as safely and as enjoyably as possible.