



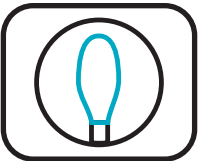
GET TESTED TO KEEP YOUR LOVED ONES SAFE

Even if you don't have symptoms



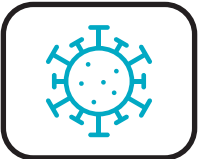
If you have symptoms

1. Isolate as soon as you can, and tell people you have been near you have symptoms.
2. Book a test through 119 or online at www.nhs.uk/ask-for-a-coronavirus-test
3. Take your test, and continue to isolate while waiting for your results.
4. If you are positive, isolate for 10 days since you first had symptoms and until you no longer have symptoms.



If you don't have symptoms

1. Book a test through 119 or online at www.nhs.uk/ask-for-a-coronavirus-test
2. Choose 'Your Council has asked you to get a test'.
3. Take your test and be as careful as possible until you have the results.
4. If you are positive, isolate for 10 days and tell people you have been near.



COVID-19 does not go on holiday

- Even if you have a negative test, continue to do everything you can to stay COVID-19 free
- Do everything you can to reduce the risk of getting COVID-19 by avoiding crowded places, outside or inside.
- The risk of transmission remains the same over the festive season as it does at any time.

There are test sites across Newham & home tests are still available.

We stay apart now to be together later.