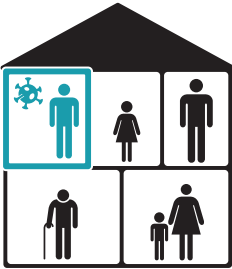


Reduce the spread of Covid-19 at home

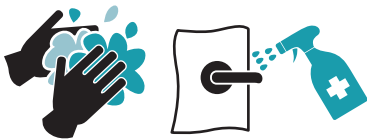
Covid-19 is now part of our everyday life, but we still need to take responsibility to reduce the spread. The virus can spread easily where people live together in shared living areas.

It is important that you continue to take steps to protect yourself and the people you live with, particularly those who are vulnerable.



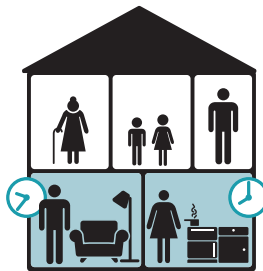
Isolate away from others in the property if you have symptoms or test positive. Support is available for people who need to self-isolate including help with accessing food and medicine.

Visit www.peterborough.gov.uk/selfisolationsupport or www.fenland.gov.uk/coronavirus



Wash your hands and clean shared areas regularly. Focus on surfaces that are touched often: door handles and remote controls.

Dispose of used tissues securely in rubbish bags.



Reduce the number of people in shared rooms at the same time. Draw up a rota for use of kitchens and lounges.



Get both doses of the vaccine. Book online at www.nhs.uk/conditions/coronavirus-covid-19 or by phoning 119. For walk-in centres and pop-up clinics visit www.thevaccinators.co.uk

Carry out regular rapid testing at home.

For more information about where you can access rapid tests, visit www.peterborough.gov.uk/rapidtesting or www.cambridgeshire.gov.uk/rapidtesting

Get a test if you have symptoms. You can book a test at www.gov.uk/get-coronavirus-test