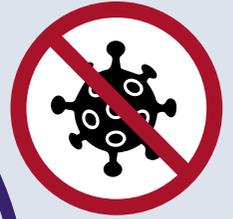


Having Fun, → Staying Safe



More than 90% of people in Leeds are doing the right things to keep Coronavirus under control.

Every time we wear a mask, wash our hands and keep our distance, we're making a difference.

It's great that we can get out and have fun, see our friends and be active again.

It's also important that we keep doing what we've been doing to stay safe.

Stay Safe. Save Lives.

1



Keep a safe distance from others

2



Wash your hands regularly, for 20 seconds

3



You must wear a face covering on public transport, in shops and in healthcare settings

4



No one in your household should leave home if any one person has symptoms

5



If you have symptoms, stay at home and book a free test at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or ring 119

6



If you need to stay at home and have no family or friends for support, ring **0113 376 0330**

For the latest guidance, see: <https://www.leeds.gov.uk/coronavirus>



Get support and information

Find out what you need to know in your [language](#):

12 different languages including Romanian, Arabic, Tigrinya, Farsi, Urdu, Czech and Polish



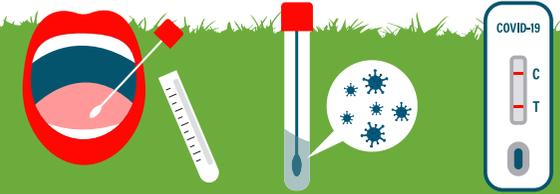
Help with food, money and work – especially if you can't leave your home

Advice for people at high-risk

Latest information - on how services are affected locally and on national restrictions

All this information is at <https://www.leeds.gov.uk/coronavirus>

Get tested



If you have symptoms, stay at home and ring 119 or **book a free PCR test**.

The PCR test is for people with symptoms

- ✓ About 1 in 3 people with Covid-19 have no symptoms (also called asymptomatic). If we all do a Lateral Flow Test (LFT) twice a week, the risk of infection goes down for everyone.
- 👥 Lateral Flow Tests are one of the best ways to keep your friends and family safe.
- 🕒 They give you a result in 30 minutes, and can be done anywhere.
- ✓ **The Lateral Flow Test is for people without symptoms.**
- ➔ Anyone can order a Lateral Flow Test kit from <https://www.gov.uk/get-coronavirus-test>
- ✓ They can also be picked up, for free, at lots of places across the city, including libraries and community hubs.
- ➔ For the latest information and opening hours, see the [NHS Leeds CCG website](#)

You still need to self-isolate if...

- a test shows you have COVID-19
- you have symptoms
- or you've been contacted by NHS Test and Trace

You need to stay at home to keep your friends and family safe. This is the single most important thing we can all do to stop the spread of the virus.

[Find the latest advice on self-isolating on the NHS website.](#)



*Self-isolating can be tough!
To make it easier:*

Make a plan



- ▶ Make sure there are meals in the freezer at home, as well as basics like tinned soup, frozen fruit & veg, and long-life or dairy-free milk.
- ▶ Have a back-up plan for things like dog-walking, and check any prescriptions are up-to-date (including contraception). 
- ▶ Think in advance about things you can do at home - check out the **[Coronavirus Support Guide](#)** for ways to stay active and entertained.

Get support

Phone **0113 376 0330** if you need help with shopping, getting medicines, or you'd like a support call from a volunteer

If you're over 18, you might be entitled to a ***£500 support payment*** if you (or your children) have had to self-isolate. Find out more here: <https://www.leeds.gov.uk/coronavirus/self-isolation-support>



Get your vaccine when you're called



Do you want to make a difference?

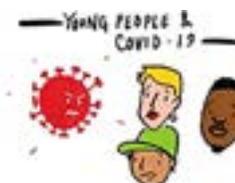


Become a **Covid-19 Community Champion** - this opportunity will provide you with the training, support and up to date information you need to feel confident having conversations with your families, friends and communities.

If you are passionate, committed, and want to make a difference to your community we'd love to hear from you.

✉ communitychampions@leeds.gov.uk

- ✓ Extensive trials have shown that COVID-19 vaccines are safe and effective.
- ✓ If you've been invited to get the vaccine, please take up the offer.
- 👤 Pregnant women can have the vaccine.
- ♥ Please speak to a healthcare professional if you have any questions.
- ✓ The vaccine will protect you against the disease and reduce your risk of becoming seriously unwell.
- ✓ There's no evidence that the vaccines affect fertility. They don't change your DNA and have no animal or foetal products.
- ✓ It's important to have the second dose as this will give you the maximum protection against the disease.
- ✓ Having the vaccine is our best hope for returning to a normal life.
- ➔ For further information visit www.nhs.uk/CovidVaccine



#TogetherLeedsYouth
Working together to support young people
Coming from a place of empathy first

