



Knowsley Council



Test and Trace

COVID-19: WE ARE CURRENTLY SEEING AN INCREASE IN COVID CASES IN YOUR AREA

WE NEED YOUR HELP TO BRING OUR COVID RATES DOWN

The Delta variant is in circulation within our communities – it spreads quickly, particularly in indoor settings.

We need your help to bring our COVID rates down

Testing, sharing contacts, isolation and vaccinations will – combined with hands, face, space and fresh air – help to control the spread of the virus and variants.

HOW YOU CAN HELP

- If you're aged 18 and over, you can book your COVID vaccination through www.nhs.uk/covid-vaccination or by ringing 119. The vaccination offers you the best protection from the virus. It is important to get both doses of the vaccine, currently 8 weeks apart.
- Get tested regularly (at least twice weekly) without symptoms. There are a range of testing sites across Knowsley for people who are not experiencing any symptoms and testing kits can also be collected from a number of pharmacies, in schools and workplaces. If you are meeting with other people, make sure you all take a test. Find out where you can collect kits from by visiting <https://maps.test-and-trace.nhs.uk>
- If you have symptoms (high temperature, new / persistent cough or a loss of taste or smell), then self-isolate immediately and book a PCR test. Continue to self-isolate until your test result comes back.
- If you experience the wider flu-like symptoms including body aches, headaches, sore throat, tiredness, shortness of breath, sickness or diarrhoea, then book a PCR test immediately through www.nhs.uk/coronavirus or ring 119. You do not need to self-isolate with wider symptoms unless you test positive.
- If you test positive through a lateral flow test, you will need to book a confirmatory PCR test as outlined above.
- If you test positive, you, members of your household and close contacts need to self-isolate for 10 days (from the date you first got symptoms or from the date of your test if you didn't have symptoms). This is essential to stop the further spread of the virus.
- Remember, the rules are still in place around mixing with others indoors – rule of six or up to two households.
- Try and meet outdoors rather than indoors wherever possible and maintain good ventilation if you do meet indoors.
- Minimise travel wherever possible.

LET'S ALL PLAY OUR PART, STAY SAFE AND BRING DOWN OUR RATES.

Keep up-to-date with the latest news at www.knowsleynews.co.uk