



Reducing the Risk of Spreading Covid-19

*Protect Yourself, Protect Others,
Prevent Restrictions*



We're in this together

The Government has lifted almost all restrictions related to Covid-19. Although the number of Covid-19 cases are dropping, we are not completely safe from the disease. Covid-19 will continue to be a feature in our lives for the foreseeable future and it will impact all of us around the world.

The most common way of spreading Covid-19 is when people are in close contact with each other. A person can be infected when aerosols or droplets containing the virus are inhaled or come directly into contact with the eyes, nose or mouth. We all need to do what we can to reduce the spread of Covid-19 to protect others and to reduce the risk of new variants developing and spreading.

In this leaflet, we share information that guides you on how to **protect yourself**, your family and your community whilst restrictions continue to be lifted. Each one of us can take steps to decrease the risk of the spread of Covid-19 and play our part in preventing further restrictions. Please continue to be **careful** by following the **keeping safe guidelines** shared below in your daily life and encourage others to do the same by **sharing this leaflet**.

Wear a mask on public transport



Wear a mask on public transport.

Wear your mask so it covers your nose and mouth.

Always keep your mask in a clean place.

Do not touch your eyes, mouth or nose if you are outside and not wearing a mask. Do not share your mask with anyone.

Wash your hands frequently

Wash your hands for 20 seconds and as frequently as possible with soap and water, especially when you come back from outside and before you touch anything in your home. Always wash your hands before eating food.

Use hand sanitisers when you are not able to use soap and water.



Keep social distance

Continue to keep the two metre distance when you are outside your home.

Do this in public areas including when you are shopping, dining out or joining outside activities.



Socialise with care

Pace the amount and the duration of your social contact.

Socialise at your own pace and agree to invitations that feel comfortable. Build your confidence and ease into social activities.

Wherever possible meet outdoors.

Maintain social distancing when meeting others outside your home circle.



Breathe fresh air

Try and get to open air spaces and breathe fresh air. Keep your home ventilated as much as possible.

Keep doors and windows open if you are socialising indoors. Having windows and doors open throughout the home will help with the air flow.

Wear a mask in crowded places

There are no restrictions on group sizes to meet for communal worship, weddings, funerals, sporting events etc. Everyone needs to be careful and remain cautious.

Take action to keep yourself and others safe. Wear a mask. Keep social distance. Wash hands.



Get vaccinated

The Covid-19 vaccine has been developed to protect you from the virus.

Some people worry about getting the vaccine. Get vaccinated if you are over 18 years old. Getting the vaccine will reduce the risk of getting the virus and even if you do get it after vaccination, it will reduce the severity of the symptoms.



Test, travel, and quarantine

Check the Covid-19 risk category of your holiday destination and plan your travel arrangements accordingly.

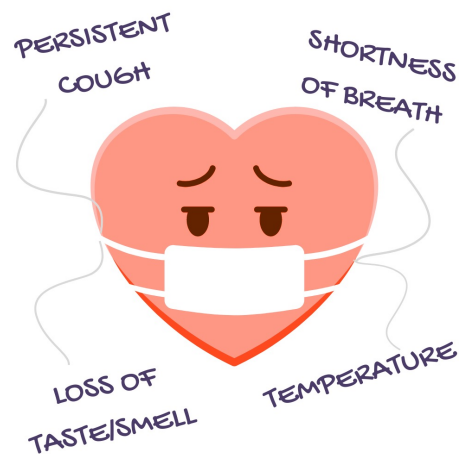
Everyone travelling from **red list** countries will have to quarantine for 10 days. Make sure you secure any tests required to ensure you can travel in advance of your trip and within the government specified time frames. Be sure to check individual country travel requirements as they will all vary.



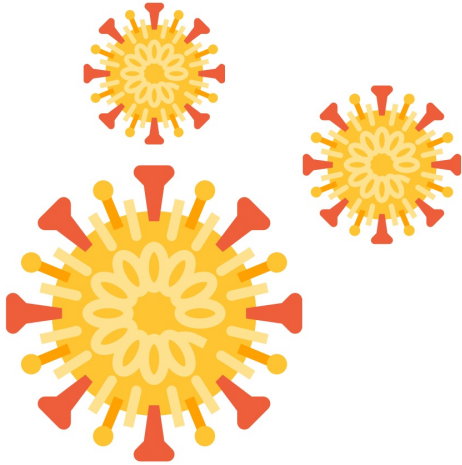
Self-isolate and get tested

If you or anyone in your home has been contacted by the Test and Trace service, tested positive or shown any of the common symptoms of Covid-19, you must inform the doctor and self-isolate for 10 days.

Other people in your home must also self-isolate. It is important to get tested as early as possible, **even** when your symptoms are mild. If your test is positive, you can get treated early and isolation will stop the spread of the virus.



Delta variant symptoms



Typically, **vaccinated people** are either asymptomatic or have very mild symptoms if they contract the Delta variant. Their symptoms are more like those of a common cold, such as cough, fever or headache, with the addition of significant loss of smell.

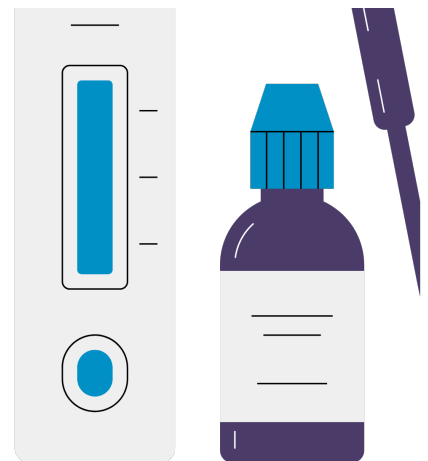
Be alert to these additional symptoms. Self-test and inform the Test and Trace service as well as your medical practitioner.

Covid-19 self-test

Self-testing can be easily done at home through the lateral flow testing kit.

The test kit is free and readily available at local chemists, select test centres and from your general practitioner (GP). They are also available to order online from the NHS website.

It is helpful to get tested regularly to check if you have been infected. If the test is positive, you must self-isolate for 10 days along with anyone you have come into contact with.



PROMOTING WELL-BEING DEVELOPMENT TEAM

Dee Jethwa – Director, Learning Consultancy UK, LTD
Priti Kapoor – Artist and Illustrator
Willma King – Learning and Safeguarding Strategist
Joanne Norman – Independent Safeguarding Consultant
Pritty Rana – Psychologist and Mental Health Specialist
Roma Patel – Proofreader
Nishima Chudasama – Design and Layout

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To learn more about this guide, please contact:
dee.jethwa@talk21.com

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