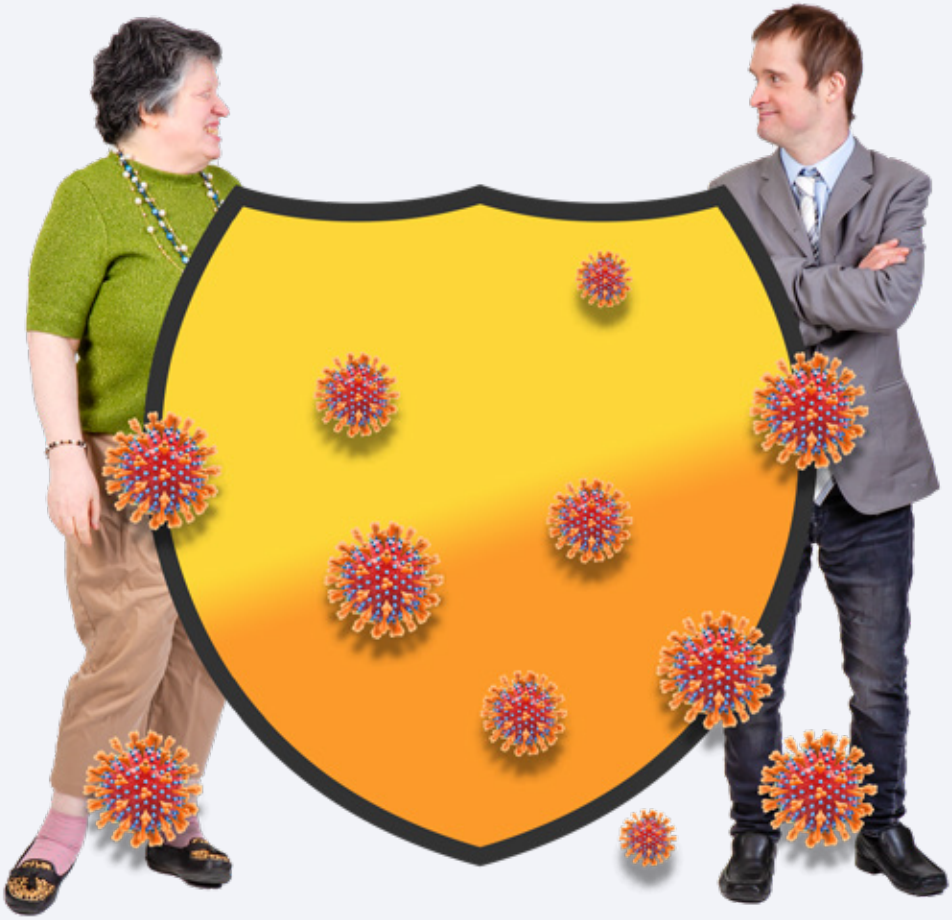
Living with Covid

How we can continue keeping each other safe and well



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Rules from the government about Covid

The government has issued its plans for living with covid.

All legal restrictions have been removed.

This means it is no longer law to wear a mask in public areas or self-isolate if you have Covid.

Covid has not gone away and there are things we can all continue to do to protect each other from getting ill.

What should I do if I test positive or have Covid-19 symptoms?

If you test positive or have Covid-19 symptoms, you should:

Stay at home if you can

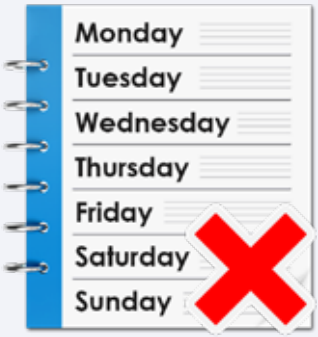
Avoid seeing other people

It is no longer law to self-isolate, so you won't get in trouble if you don't.

But it will help stop more people getting ill if you self-isolate.

Do I need to take a test?

Testing regularly will give you a good idea of whether you have Covid and could pass it on to people you meet.



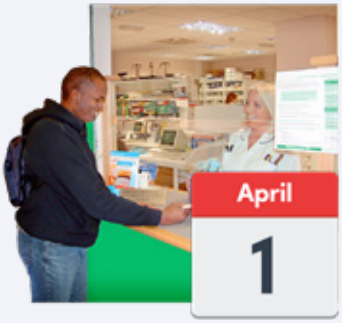
You do not have to take a Covid test every day.

But it is a good idea to take a Covid test before you meet family or friends or go to work.

If you test positive, it is a good idea to rearrange your plans and to stay at home to avoid making more people ill.

How do I get a test?

You can get free Covid rapid tests until 31st March 2022. Go to: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests



From April 1st 2022, you will be able to buy Covid rapid tests from your local pharmacy.

Get vaccinated

The vaccine remains our best defence against becoming ill from Covid.

Whether you've had one, two, three or no doses, it's never too late to make an appointment.

You can book your appointment at:
www.sneevaccine.org.uk

The latest guidance

For the latest guidance on Covid-19, visit:

www.gov.uk/coronavirus

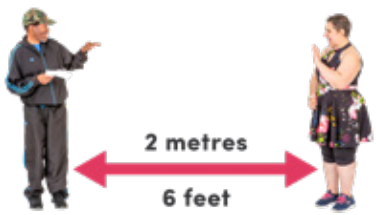
Whether you have had a vaccination or not, you can catch and pass Covid-19 on to other people, so still remember 'Hands. Face. Space'.

Hands

Wash your hands regularly and for 20 seconds

Face

Wear a face covering over nose and mouth when indoors.



Space

Stay 2 metres apart from people you do not live with where possible

Fresh Air

Let fresh air into indoor spaces to help remove air that contains virus particles and prevent the spread of Covid-19

Become a COVID-19 Message Cascader
www.suffolk.gov.uk/message-cascaders

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