

CORONAVIRUS CASES ARE INCREASING ACROSS MANCHESTER

We can help to stop this by:



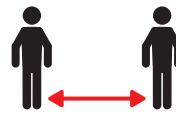
Washing hands often



Wearing face coverings



Wiping down surfaces
(handles, doors etc)



Keeping distance
from other people



Staying at home if you think you have the virus (*signs are high temperature, or a new and continuous cough, or loss of smell and taste*) and booking a test.

You can get a test and find out how long to stay home by ringing **119** or logging on to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



New rules for the whole city mean:

People who do not live with you must not visit you in your home or garden*

You must not visit someone else's home or garden, even if they live outside of Manchester

You should only socialise and go out with people you live with*

Two households (*or six people from a number of households*) can meet outdoors in areas like parks with social distancing

Places of worship with strict COVID secure arrangements remain open

Try not to share a car with someone you don't live with – unless it is part of a school or work bubble arrangement

*Support bubbles are exempt from this rule.

A support bubble is when a single adult, with or without children, who lives alone can join up with another household.

Where to get help:

www.manchester.gov.uk/coronavirus

There are also translated films and information here:

www.manchester.gov.uk/resourcehub

Thank you for helping to keep everyone safe.