

COVID-19

We need your help to stop the spread of the virus through our community

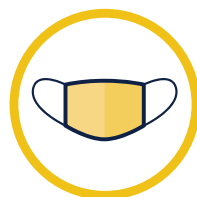
What does national lockdown mean for you and your family?

You should stay at home as much as you can apart from:

- ✓ **To go to work unless you can work from home**
- ✓ **For childcare or education where this is not provided online**
- ✓ **To shop for basic necessities including food and medicine**
- ✓ **To exercise outdoors or visit an outdoor public place**
- ✓ **To visit vulnerable people, your support bubble or to volunteer**

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Some exceptions apply. You can find out more information about this and the rules that have been applied to businesses, on our website: preston.gov.uk/coronavirus or by calling **01772 906900**



Simple things, like washing your hands, wearing a face covering and making space for others, are really important ways to stop the virus from spreading.



Preston
City Council

Self-isolating



Staying home when you are told to self-isolate can save lives. Be a hero for your loved ones and stay at home when you have been in contact with, or have symptoms of COVID-19.

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There is support for people at risk of losing income due to self-isolation – find out more on our website preston.gov.uk/selfisolate

Our community hub – **Preston Together** – can support you with shopping, prescriptions and signposting to other organisations for other related support.

W: preston.gov.uk/prestontgether

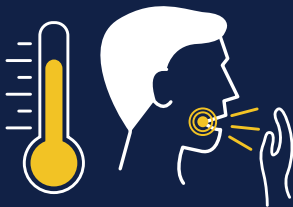
E: support@preston.gov.uk

T: 01772 906777

Getting tested in Preston



It is easy (and painless!) to get tested for COVID-19. If you are experiencing symptoms of coronavirus (including a cough, fever or loss of taste/smell) please get tested as soon as possible and help us stop the spread of the virus in your community.



You can arrange a test by calling **NHS 119** or visiting gov.uk/get-coronavirus-test