COVID-19
SEFTON

Re-opening reminders

Sefton Council

TOOLKIT

Social distancing and how to avoid spreading the infection

You can still spread coronavirus even if you do not have the symptoms, which are

- **a high temperature**
- **a new, continuous cough**
- **a loss or change to your sense of smell or taste.**

Here are some simple do's and don'ts to reduce the risk of you and other people getting ill with coronavirus

Do ✓

- try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble).

- wash your hands with soap and water often – do this for at least 20 seconds.

- use hand sanitiser gel if soap and water are not available.

- wash your hands as soon as you get home.

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

- put used tissues in the bin immediately and wash your hands afterwards

Don't ✕

- touch your eyes, nose or mouth if your hands are not clean.

Find out more about staying safe outside your home.

What to do if you think you need a coronavirus test

If you have the coronavirus symptoms, which are

- **a high temperature**
- **a new, continuous cough**
- **a loss or change to your sense of smell or taste.**

you should book a test by: ✓

- visiting www.nhs.uk/coronavirus.
- calling 119.
- or if you are an essential worker, going to www.gov.uk/apply-coronavirus-test-essential-workers.

Appointments will be at a local mobile testing site or at one of the regional testing sites, which are located at Liverpool John Lennon Airport, Haydock and Manchester Airport.

Key NHS employees can attend regional testing sites without the need for an appointment.

NHS Test and Trace

If you are contacted by the NHS test and Trace service, because you have been in contact with a person who has tested positive for coronavirus, you need to:

- stay at home (self-isolate) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear.
- try to avoid contact with anyone you live with as much as possible

Do not: ✗

- leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home.
- have visitors in your home, including friends and family – except for essential care

People you live with or who are in your support bubble do not need to self-isolate if you do not have symptoms.

Consider visiting a Sefton walk-through testing site in Bootle or Southport

Sefton now has two walk-through COVID-19 Local Testing Sites, in Bootle and Southport.

Walk-through Local Testing Sites improve access to COVID-19 tests for the whole community, especially those who do not have access to a car and those people who should not be using public transport because they have coronavirus symptoms.

To use the walk-through process – where people are asked to self-swab – you first need to book a test. You can do this online at www.nhs.uk/coronavirus or by calling 119 or Sefton Council's Contact Centre on **0345 140 0845**.

People are reminded that they need to wear masks or face covering when they visit and to stick to the 2-metre social distancing guidlines set out by Public Health England (PHE).