

Manchester Test and Trace

Help prevent the spread of the new Omicron COVID-19 variant by:

- Getting your Covid vaccinations and booster jabs as soon as it is offered to you. Vaccines are our best protection against Covid-19 including the new variants



- Wearing face coverings in most public places and on public transport, unless exempt



- Letting fresh air in if you meet indoors. Meeting outdoors is safer



- Washing your hands regularly with soap and water or hand sanitiser



- Having a PCR test if you have COVID-19 symptoms, isolating if required.



What to do if you're a contact of a Covid-19 case:

- » All adults who have had two doses of the Covid vaccine should take a daily **Lateral Flow Device (LFD)** test for 7 days, this includes all those aged 5-18 years 6 months
- » If an LFD test is positive, isolate and book a PCR test to verify the result
- » If a **PCR** test is positive or you show symptoms, self-isolate for 10 days. If your PCR is negative, you do not need to self-isolate but continue taking LFDs for the 7-day window
- » Unvaccinated adults must self-isolate for 10 days if they are a contact of someone with COVID-19.

Please continue to use rapid *lateral flow tests before:

- » Entering crowded or enclosed places
- » Meeting people at risk of illness
- » Remember if you're going to a nightclub or large event you may be asked to show your Covid pass.



*Currently, there is a high demand for LFD kits.
So please use any kits you have before ordering or collecting more.

Remember

You still need to have tests and follow Covid safety advice even after you've been vaccinated.

Help and support:

- » **Manchester Covid Helpline** – Call free on **0800 840 3858** or text: **07890 036 892**. Service is for anyone with Covid-19 questions, who needs help with booking vaccination or testing appointments, has questions on when to self isolate. Advice is provided by a nursing team. Translation service available. Open 7 days a week 9am–5pm
- » **Manchester's Community Response Hub** – Manchester's Community Response Hub - Open Monday to Friday, 9am–5pm Freephone: **0800 234 6123** text: **078600 22876** email: **COVIDSupport@manchester.gov.uk**. For support with managing fuel top-up payments, food, medication and help with loneliness
- » **Manchester Gateway** – Call **0800 092 4020** or **0161 947 0770** to book your Covid vaccination and to book a free taxi if you need help getting to your vaccination appointment.

Support to self isolate

There is a lot of help and support if you do test positive, including money to help people: manchester.gov.uk/selfisolationpaymentscheme