

# Manchester Test and Trace

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



– Vaccines are our best protection against COVID-19 including new variants. So please get your Covid vaccinations and booster jabs as soon as it is offered to you



– Wearing face coverings is now mandatory on public transport and in crowded places such as shops, unless you're exempt



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



– Wash your hands regularly with soap and water or hand sanitiser



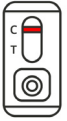
– Wiping down surfaces (handles, doors etc)



– Having a PCR test if you have COVID-19 symptoms, and self-isolating if required



If you are a contact of someone with the Omicron variant you will be contacted and asked to self isolate for 10 days, regardless of your vaccination status. This includes those aged under 18.



### **Please continue to use rapid lateral flow tests before:**

- Entering crowded or enclosed spaces
- Going to places that have limited fresh air
- Meeting people at risk of severe illness.

## **Remember**

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



If you are a parent or carer of a secondary school child, please also agree to testing through the school, because it is very important – even over the holidays.

## **Help and support**

**Manchester Covid Helpline** – Call free on **0800 234 6123** 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** - Open Monday to Friday, 9am–5pm Freephone: **0800 234 6123** text: **078600 22876** email: [COVIDSupport@manchester.gov.uk](mailto:COVIDSupport@manchester.gov.uk). For support with managing fuel top-up payments, access to food, delivery of medication and combating loneliness

**Manchester Gateway** - Call **0800 092 4020 / 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](https://manchester.gov.uk/selfisolationpaymentscheme)

[manchester.gov.uk/coronavirus](https://manchester.gov.uk/coronavirus)