

# COVID-19

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

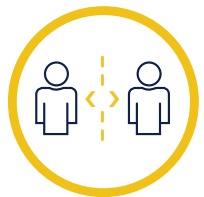
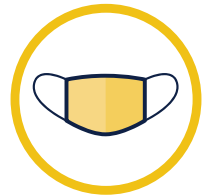
## What does national lockdown mean for you and your family?

**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**



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](https://www.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.**

## 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](https://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](https://preston.gov.uk/prestontgether)

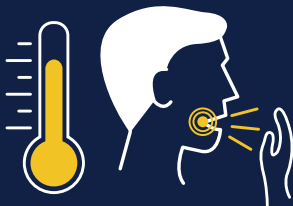
**E:** [support@preston.gov.uk](mailto:support@preston.gov.uk)

**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](https://gov.uk/get-coronavirus-test)