

Be part of Team North Yorkshire

Protect your friends and family from Covid-19

- Wash your hands regularly for 20 seconds with soap and water or use hand sanitiser
- Play your part to keep everyone safe in North Yorkshire



STAY SAFE
IN NORTH YORKSHIRE

If you have symptoms including high temperature, a new cough or loss or change to sense of smell or taste, book a test and self-isolate at home
www.northyorks.gov.uk/TestandTrace

Be part of Team North Yorkshire

Protect your friends and family from Covid-19

- Keep a safe 2 metre distance
- Meet outside where possible
- Avoid crowded places
- Do not meet up with anyone outside your home if you have Covid-19 symptoms
- Play your part to keep everyone safe in North Yorkshire

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Be part of Team North Yorkshire

Protect your friends and family from Covid-19

- Avoid public transport and crowds if possible
- You **must** wear a face covering on public transport and in shops
- Wear a face covering in crowded places
- Play your part to keep everyone safe in North Yorkshire



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Test and trace



If you have Coronavirus symptoms:

- Book a test immediately and self-isolate at home
- **www.nhs.uk/coronavirus or call 119**
- Do not leave your home for any reason other than to get a test
- If you need medical advice **call 111**

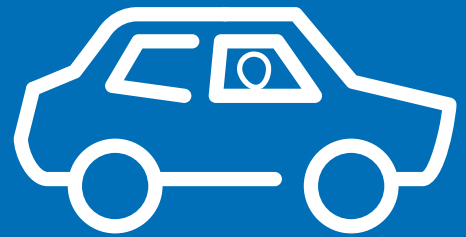
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Travel safely

- You are at higher risk of infection if you car share
- Travel with your household or alone
- Wash or sanitise your hands regularly
- Clean your car regularly
- Play your part to keep everyone safe in North Yorkshire



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Travel safely

- Wash or sanitise your hands regularly
- Use a face covering
- Avoid touching your face
- Use contactless payment where possible
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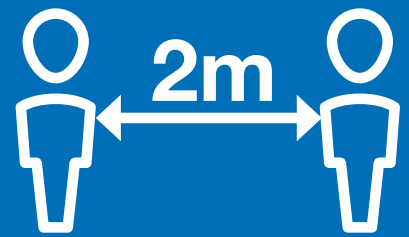
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Travel safely

- You **must** wear a face covering on public transport and in shops
- Wash or sanitise your hands regularly
- Maintain a 2 metre distance where possible
- Play your part to keep everyone safe in North Yorkshire



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Travel safely

- **Do not travel** if you have coronavirus symptoms
- Stay at home and self-isolate
- If you are contacted by the Test and Trace service, follow the instructions they give
- Play your part to keep everyone safe in North Yorkshire

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Travel safely

- Plan your journey, can you cycle or walk?
- Can you travel off-peak?
- Take a face covering and sanitiser on your journey
- Wash or sanitise your hands before your journey
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North Yorkshire
County Council



Test and Trace

Be part of Team North Yorkshire

Play your part to keep everyone safe in North Yorkshire

- Wash your hands regularly for 20 seconds with soap and water or use hand sanitiser
- Keep a safe 2 metre distance, meet outside where possible, avoid crowded places, do not meet up with anyone outside your home if you have Covid-19 symptoms
- You **must** wear a face covering on public transport and in shops
- If you have Covid-19 symptoms, book a test immediately and self-isolate at home
www.northyorks.gov.uk/TestandTrace or call 119

Travel Safely

- Do not travel if you have Covid-19 symptoms
- You **must** wear a face covering on public transport
- Maintain a 2 metre distance where possible

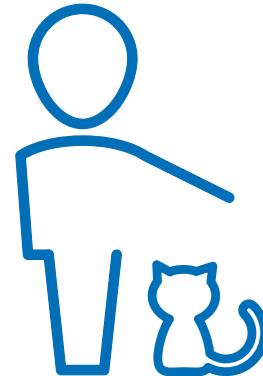
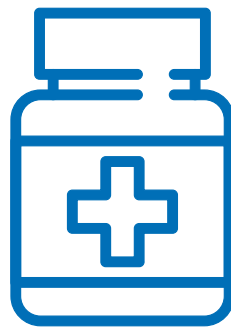
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Support in isolation

If you're self-isolating you may need help with things like shopping, collecting medication or looking after pets.



- Please contact family, friends, neighbours or groups you belong to and let them know how they can support you.
- If you don't have anyone to call on but need help with shopping, prescriptions and other essentials you can contact North Yorkshire County Council's customer service centre on **01609 780780** seven days a week 8am to 5.30pm and we will direct you to the right support.
- Find more information about help for people during isolation at **www.northyorks.gov.uk/help-you-during-coronavirus-covid-19**
- You can also find details of local voluntary and community groups offering support at **www.northyorkshireconnect.org.uk**.

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QUIT FOR COVID

Covid 19 has made us all conscious of the need to protect ourselves, our families and loved ones.

If you smoke, now is the time to quit to keep yourself healthy, it's never too late.

For more information visit
[northyorks.gov.uk/stopping-smoking](https://www.northyorks.gov.uk/stopping-smoking)

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Protect your friends and family from Covid-19

- Stick to the rule of six – outdoors and indoors

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