

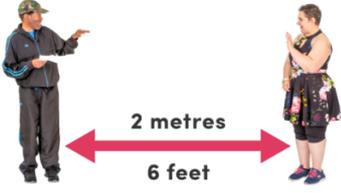
NHS Test and Trace in North Yorkshire

Easy read version

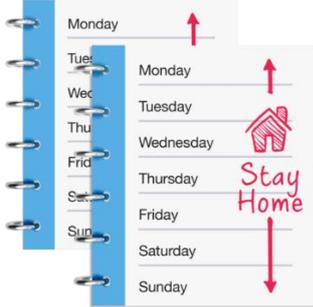
Updated September 2020

 <p>North Yorkshire County Council</p>	<p>This leaflet is from North Yorkshire County Council.</p>
	<p>It tells you about how we can all help to stop people catching coronavirus.</p>
	<p>It is important to wash your hands for twenty seconds with soap and water or use hand sanitiser.</p> <p>You should wash or sanitise your hands often during the day.</p>

Test and Trace

	<p>When you are out and about you should keep two metres apart from people that you don't live with.</p> <p>Try to stay away from places that are very busy and crowded.</p>
	<p>If you go on a bus or a train you need to wear a face covering.</p> <p>You should also wear a face covering if you go into a shop or other places that are inside.</p>
	<p>Some people might not be able to wear a face covering because of their disability or for health reasons.</p>
	<p>NHS Test and Trace will help to make sure that anyone who has coronavirus symptoms gets a test to find out if they have the virus.</p>

Test and Trace

	<p>Symptoms of coronavirus are:</p> <ul style="list-style-type: none"> • a cough that doesn't go away • not being able to taste or smell • having a high temperature
	<p>If you have any of these symptoms you need to book a test. You can do this by calling 119 or by booking a test online at www.northyorks.gov.uk/TestandTrace</p> <p>You could ask someone to help you.</p>
	<p>If you think you have coronavirus you must not leave your home, apart from to have a test.</p>
	<p>You must also stay at home for 14 days if you are told you have been near someone who has coronavirus.</p>
	<p>We can help people who need to stay at home because of coronavirus with shopping or getting medicines.</p>

Test and Trace

	<p>If you need help, ask friends and family first. If you don't have anyone who can help phone us on 01609 780780.</p>
	<p>We all need to work together to stop the spread of coronavirus.</p>