

Be part of Team North Yorkshire

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

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