

Living with Covid

How we can continue keeping each other safe and well



The government has issued its plans for living with Covid

Whilst all legal restrictions have been removed, Covid has not gone away and there are things we can all continue to do to protect each other from getting ill.



What should I do if I test positive or have Covid-19 symptoms?

Stay at home if you can and avoid contact with other people. Whilst you are not legally required to self-isolate if you test positive for Covid-19, minimising contact with others will prevent more people from becoming ill.



Do I need to take a test?

Testing regularly will give you a good idea of whether you are infectious and could pass the virus onto people you meet. You will not have to take daily tests or be legally required to self-isolate following contact with someone who has tested positive for Covid-19. However, it is a good idea to test before you meet friends, family or go to work.



How do I get a test?

Free rapid tests can be accessed at [gov.uk](https://www.gov.uk) until March 31st 2022. From April 1st 2022, you will be able to purchase tests from your local pharmacy.



Get vaccinated

The vaccine remains our strongest defence against becoming ill from covid. Whether you've had one, two, three or no doses, it's never too late to make an appointment. You can book your appointment at www.sneevaccine.org.uk



There are things we can continue to do to reduce the spread of infectious illness:

Hands – wash your hands regularly and for 20 seconds
Face – wear a face covering over your nose and mouth in crowded indoor settings
Space – keep a distance from people you do not live with where possible
Fresh air – let fresh air in when meeting indoors