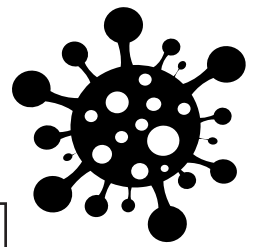


Take action!



Q Would you like to protect your school friends, your teachers, your family and YOU?

Tick box

We CAN reduce the spread of the Covid-19 virus together!



Q Is everyone in your family aged 11 and over wearing a face covering in shops, supermarkets & on buses, trains & in taxis?

Tick box



Q Are you remembering to count to 20 when you wash your hands really well and often?

Tick box

Q Do you or does someone you live with always carry hand sanitiser when you're out and about?

Tick box



Q It's hard but are you and your family remembering not to hug or shake hands when meeting people you don't live with?

Tick box



Q Did you know that you should open doors and windows for 15 minutes twice a day to freshen the air if you can. But make sure people, including young children in your family, are safe first.

Tick box

The Government has put Pendle under the highest tier of restrictions in England, Tier 3, which means we have **NEW RESTRICTIONS** we must follow. But we can all play a part in Pendle moving to a lower tier, with less restrictions.

The new Tier 3 restrictions mean that:

- You still cannot socialise indoors with people you don't live with, except for someone in your support bubble
- You can now meet in a group of up to six people in outdoor public spaces like parks, but don't hug or shake hands with anyone you don't live with!
- Shops, leisure centres, gyms, hairdressers, barbers and beauticians can open.

There is help for you and your family! And safe vaccines are rolling out so that we can look forward to a safer year in 2021.

Pendle Community Support Hub

Over 80 organisations can provide help via **www.pendle.gov.uk/communitysupporthub** including:

- Food shopping, prescriptions and support for people self-isolating
- Help tackling money & debt problems including advice if someone in your family has lost their job
- Help tackling depression & isolation including support for young people
- Help for people of all ages who are suffering from domestic abuse.

Cash payment schemes are there to help people who are having to self-isolate due to Covid-19. If your family needs this support visit **www.pendle.gov.uk/coronavirus**

GET TESTED – for information on how to get a test and what to do if you test positive visit www.pendle.gov.uk/coronavirus You can also book a test by phone – **call the NHS on 119.**

For the latest information on the new rules we must follow visit **www.pendle.gov.uk/coronavirus**



WASH HANDS



COVER FACE



MAKE SPACE



FRESH AIR

