

CORONAVIRUS: STAY SAFE

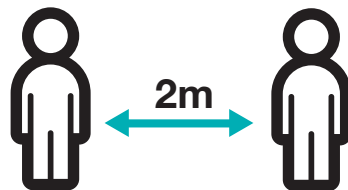
Remember:



Hands



Face



Space

Follow the guidance

If you are unable to leave the house or need additional support as a result of Coronavirus and don't have a trusted friend, neighbour or family member to help you, call the **helpline on 0161 770 7007**

For more information visit:
www.oldham.gov.uk/coronavirus

Support for residents

Self-isolation payments

If you're on a low income or working benefits and have been told by NHS Test and Trace to self-isolate then you could be entitled to a payment of £500. See if you are eligible at

www.oldham.gov.uk/selfisolationpayment

Mental health and wellbeing

These are difficult times for all of us so it's important you take care of your mental health and wellbeing as you may be feeling anxious, lonely or stressed. There is lots of support available just visit

www.oldham.gov.uk/mentalhealth

Support for businesses

If you are business owner we understand that this is an uncertain time for you, but advice and support is available. To find out how we can help, visit www.oldham.gov.uk/supportforbusinessandjobs

Testing

If you are unable to work from home and have no symptoms you are now able to get a rapid test for Coronavirus.

No appointment is necessary, just pop in to one of the rapid testing sites. The testing sites are located in Oldham town centre, Failsworth, Shaw and Uppermill. For more information, visit

www.oldham.gov.uk/keyworkertesting

Vaccination

The vaccine, along with hands, face, space, is the best way to protect ourselves from Coronavirus and has the potential to save tens of thousands of lives. For more information on the vaccine, visit www.oldham.gov.uk/vaccine

What to do if you have symptoms

If you have symptoms you and your household must isolate immediately. You should also book a free test via

www.gov.uk/get-coronavirus-test



Oldham
Council