



# PROTECTING YOU & YOUR LOVED ONES OVER THE FESTIVE SEASON

## STAY COVID-SAFE THIS CHRISTMAS

It's Christmas 2020 and Covid-19 is unfortunately still here. Under the UK government's new rules, three households can form a "Christmas bubble" from December 23 to December 27\*. However, with cases in Newham rising fast, we are asking residents to avoid mixing with other households if possible.

- The safest way to spend Christmas is within one household
- Your Christmas Bubble can mix indoors and have overnight stays. However, we now know that most transmission of Covid-19 happens indoors, particularly in crowded and poorly ventilated rooms
- There are lots of fun ways you can get together with the family this Christmas without having to see any of them in person including hosting activities online

\* Please visit [www.gov.uk/guidance/guidance-for-the-christmas-period](https://www.gov.uk/guidance/guidance-for-the-christmas-period) for the latest guidance.

### Staying safe indoors



Keep windows or doors open to create airflow



Clean all frequently touched surfaces

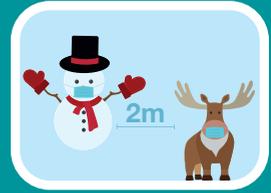
# REMEMBER



Wash your hands



Wear a face covering



Keep your distance

## COVID-19: TIER 3 LOCAL LEVEL ALERT: VERY HIGH



Continue to stay and work from home (if possible)



Do not mix indoors, in private gardens or in most outdoor venues, except with your household or bubble



You can meet in a group of up to six in some outdoor spaces including parks, beaches and public garden – the Rule of 6



Group exercise classes (including fitness and dance) cannot not go ahead



Places of worship will remain open, but do not attend with or socialise with anyone outside of your household/support bubble while you are there



Avoid travelling outside of Newham, including for overnight stays and reduce the journeys you make

# TESTING AND ISOLATING

If you have any of the three main COVID-19 symptoms

(A NEW PERSISTENT COUGH, A FEVER, OR NEW LOSS OF/CHANGE IN YOUR SENSE OF SMELL OR TASTE) YOU SHOULD GET A COVID-19 TEST.



## Why should I get tested if I have symptoms?

- To protect yourself and people around you, including loved ones, the elderly and vulnerable people ✓
- So you can apply for the £500 isolation support payment ✓
- The more people who get tested, the quicker we can slow the spread, save lives and get back to normal ✓

**Book a test at:** [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or call 119.

## Walk-through (walking or cycling only)

- Paul Street, Stratford, E15 4QB
- Hilda Road, East Ham, E6 1DB
- Kingsford Way, Beckton, E6 5JQ

In the run up to Christmas testing is also available for people without symptoms. When you book online choose “Your council has asked you to get tested”.

## Drive-through (people with access to a private vehicle)

- Lea Valley Athletics Centre, 61 Meridian Way, Edmonton, N9 0AR
- The O2 Arena, Greenwich, SE10 8FR

## At home:

If you cannot get to a testing centre, you can order a home test. A testing kit will be posted to you with instructions and packaging so you can do the test yourself and return the kit easily.

If you're a carer (or care for someone in need of support), or living with someone who has a long term health condition or is over 70, and would like a regular Covid-19 test please email [rapidcovidtest@newham.gov.uk](mailto:rapidcovidtest@newham.gov.uk)

If you are contacted by NHS Test & Trace make sure you ask for and **keep your NHS Test & Trace reference number so you can apply for the £500 isolation support payment if you're eligible.**

If you need help to isolate because you live with someone who is at high risk we can support you. Contact the Covid-19 Helpline confidentially on **020 7473 9711** or [covidhelp@community-links.org](mailto:covidhelp@community-links.org) for information.

# SUPPORT AND ADVICE

If you need support during the winter period, the following services are open and able to assist you.

**COVID-19 Helpline:** For questions and advice - how to get a test and help accessing support including food, financial help and help for carers to isolate. **020 7473 9711** or **covidhelp@community-links.org** (9am-7pm\*, 7 days a week, \*Christmas bank holidays 9am-3pm). Multiple languages available.

**Isolation Support Payment information and application form:**  
**[www.newham.gov.uk/CovidIsolationPayment](http://www.newham.gov.uk/CovidIsolationPayment)**

**NHS Advice:** **111.nhs.uk** or call **111** (Free). In an emergency: Call **999**.

**Mental Health Crisis Line:** **020 7771 5888** (Free, 24 hours, 7 days a week).

**Libraries:** Stratford and East Ham Libraries will be open 10am-5pm on 29, 30, and 31 December. All other libraries will close on 24 December 2020 and reopen on 2 January 2021.

**NHS Volunteers:** If you need help accessing basics due to COVID-19. **0808 196 3646**. (Free, 8am-8pm).

**Newham Council:** For council services and support. **020 8430 2000** or Textphone **18001 020 8430 2000**.

For more advice and services including for children and young people visit **[www.newham.gov.uk/wintersupport](http://www.newham.gov.uk/wintersupport)**

If you require this document in another format including:

Please call:

**0800 952 0119**

And quote the following:



Audio



Braille



Large print



Other languages

**1336349**

[www.languageshop.org](http://www.languageshop.org)



**We stay apart now to be together later**