

Please help reduce COVID-19 infection rates in North East London



North East London is now Tier 5

From Wednesday 6 Jan 2021 you must follow the rules that can be found here:

- <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>
- [households with a possible or confirmed coronavirus infection](https://www.gov.uk/guidance/households-with-a-possible-or-confirmed-coronavirus-infection)
- [people who are clinically extremely vulnerable to coronavirus](https://www.gov.uk/guidance/people-who-are-clinically-extremely-vulnerable-to-coronavirus)

If you have coronavirus symptoms you should be tested as soon as possible and should stay at home. Find out more, including a map to help you find local testing sites [here](#)

You need to get the test done in the first five days of having symptoms.

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

If you are a health or social care employee you can ask your employer to refer you and/or members of your household to the local North East London COVID19 test Programme for test. See: [COVID-19 | East London Health & Care Partnership \(eastlondonhcp.nhs.uk\)](https://www.eastlondonhcp.nhs.uk/covid-19)

Alternatively you can check if you have coronavirus through the national test options available here: <https://www.gov.uk/get-coronavirus-test>

Please be cautious and self-isolate if you suspect you have coronavirus: If you are getting a test because you have symptoms, you and anyone you live with must stay at home (self-isolate) until you get your result. Anyone in your support bubble must also self-isolate until you get your result.

Information on COVID vaccination can be found here:

<https://www.gov.uk/government/publications/covid-19-vaccination-guide-for-older-adults>

or here: [COVID-19 Vaccination programme | East London Health & Care Partnership \(eastlondonhcp.nhs.uk\)](https://www.eastlondonhcp.nhs.uk/covid-19-vaccination-programme)