

13th August 2021

Weekly News and Keeping Well Tips



Inclusion North will give you the Government's big messages here each week.



From Monday 16th August people who have had both doses of the vaccine will not have to self-isolate if they come into contact with someone who has tested positive for Coronavirus.



This is a change in the rules for people living in England.



Instead of having to self-isolate, people will be advised to take a PCR test. They do not have to self-isolate while they wait for the test result.



They only have to self-isolate if the test comes back positive.



This is also the rule for anyone aged under 18. This should help when children go back to school. Whole classes will not have to self isolate if one child in the class tests positive.



Remember there are still things you can do that can help protect you and other people from catching Coronavirus.



Hands – wash your hands regularly for at least 20 seconds with soap and hot water.

Face – try not to touch your face and wear a face covering if you can when you are in busy places.

Space – keep social distancing around people you do not know.



Fresh air – open a window if people visit you indoors.



Wellbeing Tips

This week how many of these things can you do?



1. Spend time with family or friends
2. Talk to someone about how you are feeling
3. Find ways of helping other people



All these things can stop you from feeling lonely and make you feel better.



You don't have to be face to face. You can connect with people on the phone, by text or by video.