

# 27<sup>th</sup> August 2021

## Weekly News and Keeping Well Tips



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

There is nothing new to report about Coronavirus this week.



The big message is still that getting both doses of the vaccine is the best way to keep yourself safe.



There are other things that 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.



From 10<sup>th</sup> September we are going to change the way we do the news, because there is not very much to report about Coronavirus at the moment.



We will do the news every 2 weeks. It will still come out on a Friday. We will still make a video and post out copies of the Easy Read to people who want it.



If there is no Coronavirus news, we will update you on a different news story that is important for people with a learning disability, autistic people and their families. We will also share news from what is happening at Inclusion North.



If things change with Coronavirus we will go back to reporting the news about it, so you can stay up to date.



### Wellbeing Tips

It is Bank Holiday Monday next week. This means that lots of people get an extra day off work. Some of your friends and family might be off work. Can you plan something nice to do with them?

