

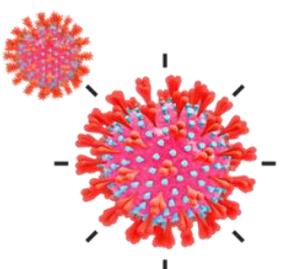
28th May 2021

Weekly News and Keeping Well Tips



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

Indian Variant



The Coronavirus bug has changed and has become easier to catch.



This new Coronavirus bug is called the Indian Variant.

The number of people catching Coronavirus is going up quickly in some of our areas.

These areas are

- 
- North Tyneside
 - Kirklees



The government have updated some information on their coronavirus page on their website.

The information is for the areas where the number of people catching Coronavirus is going up quickly.



The government have said this is advice for people to follow. It is **not** new local lockdowns in these areas



Information from the Government website

The information on the government website for North Tyneside and Kirklees says

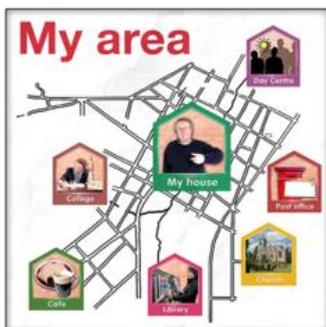


- Meet people outside of your home or their home if you can.

- Meet in outdoor spaces like parks and gardens.



- Keep 2 meters away from people who you do not live with unless they are part of your support bubble.



- Try to stay in your local area.

- Get some rapid Coronavirus tests, to check you do not have Coronavirus. You do not have to pay any money for these tests.



You can get the tests from your local chemist or the government website.

Take a rapid test twice a week, even if you do not think you have Coronavirus.





If you need some help ask someone you trust.



If the test is positive you should book another test at a local testing centre.

You can do this by telephone. The number is 119.



You must start to self isolate straight away and only go out of your house to the local testing centre for your test.

If you have symptoms of the coronavirus you must self isolate for 10 days.



Keeping well tips

Enjoy the bank holiday weekend

- Cook something nice to eat
- Plan a walk or to meet a friend
- Spend some time in a garden listening to the birds and looking at the flowers.

