

Each time we come into contact with someone, we are at risk of picking up viruses – not just from them, but from everyone they have been in contact with over the last 2 weeks.

We can catch viruses, like Coronavirus, from someone even if they have no symptoms.

Through the air:



By touching surfaces with viruses on:



Vaccination and regular testing are the most effective ways to protect yourself and others.

By having the **vaccine**, you are much less likely to get COVID-19, to develop Long Covid, or to be a risk to other people.



The vaccine takes about **2-3 weeks to start working**, so make sure you continue to be careful.

It is **also** still a good idea to regularly **test yourself** to help protect yourself and others, and most importantly reduce the spread of the virus. The tests you can do yourself at home are called **lateral flow** or **rapid tests**.



Although vaccines and testing are the best ways to keep safe, they are not 100% effective, so it is still important to do the following things as often as possible:

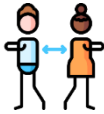
Things you can do often:



Wash or sanitise your hands for 20 seconds as often as possible



Open windows and/or doors to let fresh air flow through



Keep a 2 metre distance (or as far apart as you can) from others



Wear a face covering (especially if you can't keep distant from others/ let fresh air in)



Clean surfaces that other people touch.