

PLEASE HELP TO KEEP YOURSELF AND OTHERS SAFE WHILE CASES OF COVID-19 ARE INCREASING.

If in doubt, take a test.

The three main symptoms of COVID-19 are:



High
temperature



New continuous
cough



Change to how
things taste or smell

If you have any of these signs, you must **stay at home** and book a free PCR test as soon as possible.

A PCR test is for people who think they have symptoms of COVID-19. It is a swab test that is sent to a lab to be analysed.

Sometimes, people with COVID-19 do not have the three main symptoms listed above. Instead, they have any of the following symptoms:



Diarrhoea



Sore throat



Muscle or full
body aches



Tired and
unwell



Headache that
lasts a long time



Blocked or
runny nose



Sickness or
vomiting

SO TO BE ON THE SAFE SIDE:

If you don't have the three main symptoms, but you do feel ill with other symptoms on the list, please also book a free PCR test.

You don't have to stay at home while you wait for the results. You would only have to do that if you get a positive result for COVID-19.

IF IN DOUBT, PLEASE BOOK A PCR TEST.

You can register for one online at www.nhs.uk/coronavirus by ticking the boxes online that say:



I've been told to get a test by my local council.



My local council Health Protection team has asked me to get a test, even though I do not have symptoms.

Or you can ring **119** and say the same thing to book a test.

For more information go to manchester.gov.uk/coronavirus

SUPPORT TO SELF-ISOLATE.

There is a lot of help and support if you do test positive for COVID-19, including money to help people:

<https://secure.manchester.gov.uk/selfisolationpaymentscheme>