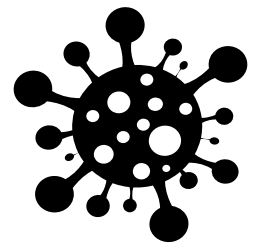


Stay safe! COVID-19 virus rates are very high



**Protect your school friends, your teachers, your family and YOU!
Don't mix with anyone you don't live with indoors or in a private garden.**



Q Is everyone in your family aged 11 or over wearing a face covering in indoor places including shops, supermarkets and on buses, trains & in taxis?

Tick box



Q Are you washing your hands regularly & carrying hand sanitiser when you're out and about?

Tick box



Q Are you making sure you don't hug or shake hands when meeting with one person from another household on your own for exercise or recreation outdoors?

Tick box

Help and support

Contact the Pendle Community Support Hub to get help including:

- Food shopping, prescriptions & support for people self-isolating
- Local and national support for anyone suffering from domestic abuse. Domestic abuse includes online abuse, harassment, physical, sexual or emotional abuse including if someone is trying to control you
- How to get help tackling money and debt problems including advice if someone in your family has lost their job
- How to get help tackling anxiety, depression & isolation.

[www.pendle.gov.uk/
communitysupporthub](http://www.pendle.gov.uk/communitysupporthub)

Support for children includes:

Healthy Young Minds -
www.healthyyoungmindslsc.co.uk
Mind Lancashire -
www.lancashiremind.org.uk

Worried about £ if people you live with need to self-isolate?

Cash payment schemes are there to help people who are having to self-isolate due to Covid-19.

If your family needs this support visit
www.pendle.gov.uk/coronavirus

GET TESTED

Tests are free and do not hurt!

Information on how and where to get a test, what to do if you test positive or have symptoms, is on our website www.pendle.gov.uk/coronavirus

You can also book a test by phone - **call the NHS on 119.**

For the latest information on the new rules we need to follow visit

www.pendle.gov.uk/coronavirus



WASH HANDS



COVER FACE



MAKE SPACE

