



Even though life is getting back to normal, COVID-19 is still here and it's still a worrying time for many. Please follow the Manchester Message on COVID-19 and Health.



Wear a mask in crowded spaces or when it feels right



Please stay at home if you are ill



Stay at home for at least 5 days if you have Covid-19 and avoid contact with others



Keep washing your hands regularly - it really helps



Keep windows open if you meet others inside to reduce spreading the virus



Please take up the vaccination offer - it's never too late.
www.manchester.gov.uk/getmyjab



Covid Concerns?
Ring Manchester's COVID-19 helpline on 0800 840 3858,
or text 07890 036892.

NHS

MANCHESTER
CITY COUNCIL

#MCRMessageCovid19

www.manchester.gov.uk/coronavirus