







English	Translation
1. Living with Covid – Wearing a mask helps to stop the spread of Covid-19	與 Covid 共存 - 戴口罩有助於阻止 Covid-19 的傳播
Covid-19 hasn't gone away, so please be kind to your fellow Mancunians by choosing to wear a mask in crowded spaces or when it feels right to do so.	Covid-19 仍然存在，因此請選擇在擠擁的地方或感覺合適時戴上口罩，以善待和您同住在曼徹斯特的居民。
STAY KIND	保持友善
Still wear a mask in crowded spaces or when it feels right	在擠擁的地方或感覺合適時仍戴上口罩



English	Translation
2. Living with Covid – Stay at home for 5 days if you have Covid-19	與 Covid 共存 - 如果您感染了 Covid-19，請留在家中 5 天
If you have Covid-19, please be kind to your fellow Mancunians by staying at home for 5 days and avoid contact with other people.	如果您感染了 Covid-19，請留在家中 5 天，以善待和您同住在曼徹斯特的居民，並避免與他人接觸。
STAY KIND	保持友善
Please stay at home for 5 days if you have Covid-19	如果您感染了 Covid-19，請留在家中 5 天

English	Translation
3. Living with Covid – Keep windows open if you meet others inside	與 Covid 共存 - 如果您在戶內與其他人見面，請保持窗戶打開
Let in fresh air when you meet other people indoors 🏠, especially if they're at a high risk from Covid-19.	當您在戶內🏠與其他人見面時，請讓新鮮空氣進入，尤其是如果他們是Covid-19的高危者。
STAY KIND	保持友善
Keep windows open if you meet others inside	如果您在戶內與其他人見面，請保持窗戶打開

English	Translation
4. Living with Covid - It's never too late to book your Covid-19 vaccination	與 Covid 共存 - 預約您的 Covid-19 疫苗接種永遠都不會太遲
It's never too late to come forward for your Covid-19 vaccination.	站出來接受您的 Covid-19 疫苗接種永遠都不會太遲。
Book an appointment online or go to a walk-in clinics for your first, second or booster dose 📅 📅 📅	在網上預約或前往無需預約的診所接種第一劑、第二劑或加強劑📅📅📅
More info 🖱️ manchester.gov.uk/getmyjab	如欲了解更多🖱️ manchester.gov.uk/getmyjab
STAY KIND	保持友善
Please take up the vaccination offer – it's never too late	請接受所提供的疫苗接種 - 永遠都不會太遲

English	Translation
5. Living with Covid – Manchester Covid helpline	與 Covid 共存 - 曼徹斯特 Covid 求助熱線
 Do you have Covid-19 worries or concerns? Need help with booking your Covid vaccinations or booster jabs?	 您有 Covid-19 的憂慮或擔憂嗎？在預約 Covid 疫苗接種或加強針時需要幫助嗎？
Then call the Manchester COVID-19 Helpline for support. Translation services available. Call free: 0800 840 3858 or text: 07890 036 892	那麼請致電曼徹斯特 COVID-19求助熱線尋求支持。有翻譯服務提供。 免費電話：0800 840 3858 或發短訊：07890 036 892
STAY KIND	保持友善
Covid Concerns? Ring Manchester's COVID-19 helpline on 0800 840 3858 or text 07890 036892	擔憂Covid？ 請致電曼徹斯特的 COVID-19 求助熱線 0800 840 3858，或發短訊至 07890 036892。

English	Translation
6. Living with Covid – Follow the Manchester Message on Covid-19 and Health.	與 Covid 共存 - 請跟從曼徹斯特關於 COVID-19 和健康的消息。
Please help to keep our city safe from Covid-19 and be kind to each other by: <ul style="list-style-type: none"> • Wearing a face mask in enclosed spaces • Washing your hands regularly • Getting your Covid vaccinations  • Staying home  for 5 days if you have Covid-19 	請通過以下方式幫助保護我們的城市免受 Covid-19 的侵害和善待彼此： <ul style="list-style-type: none"> • 在封閉空間內佩戴口罩 • 經常洗手 • 接種 Covid 疫苗  • 如果您感染了 Covid-19，請留在家中  5 天
STAY KIND	保持友善
Please follow the Manchester Message on Covid-19 and Health	請跟從曼徹斯特關於 COVID-19 和健康的消息

English	Translation
7. Living with Covid – Please stay home if you are ill	與 Covid 共存 - 如果您生病了，請留在家中
Please stay at home  if you are feeling unwell, this reduces the risk of spreading illnesses to friends, colleagues, and others in our communities.	如果您感到不適，請留在家中  ，這可以降低將疾病傳播給我們社區的朋友、同事和其他人的風險。
It also helps our health services.	還有助於我們的健康服務。
STAY KIND	保持友善
Please stay at home if you are ill	如果您生病了，請留在家中

English	Translation
8. Living with Covid – Keep washing your hands regularly	與 Covid 共存 - 保持經常洗手
Please keep washing your hands regularly for 20 seconds or more to limit the spread of COVID-19 or use hand sanitizer if you are out and about.	請保持經常洗手 20 秒或更長時間，以局限 COVID-19 的傳播，或在外出時使用洗手液。
STAY KIND	保持友善
Keep washing your hands regularly - it really helps	保持經常洗手 - 這真的很有幫助

English	Translation
9. Living with Covid- where to get Covid tests after 1 April 2022	與 Covid 共存 - 2022 年 4 月 1 日之後在哪裡獲得 Covid 測試
Free Covid testing ended for most people in England on 1 April 2022. If you need a test you can buy them from chemists and supermarkets.	2022 年 4 月 1 日起，英國大多數人的免費 Covid 測試結束。 如果您需要測試，您可以從藥房和超級市場購買。
STAY KIND	保持友善
If you need a Covid test, and aren't able to have a free one, they can be bought at chemists and other shops.	如果您需要 Covid 測試，但又無法獲得免費測試，則可以在藥房和其他商店購買。