

# Please don't guess, get a test!

If you have any **MAIN SYMPTOMS** of Covid-19, such as a high temperature, a new continuous cough or loss or change to your sense of smell or taste stay at home and book a PCR test. You need to isolate until you know the result.

Book at [gov.uk/get-coronavirus-test](https://gov.uk/get-coronavirus-test) or call 119.

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If you feel unwell with **ANY OTHER SYMPTOMS** such as a headache, stuffed or runny nose, tiredness or weakness, aches and pains, sore throat or diarrhoea you need to take a rapid home test.

If the result is positive, then book a PCR test and stay at home until you know the result.

If you do need to isolate after a positive test, remember support is available - visit [liverpool.gov.uk/coronavirus](https://liverpool.gov.uk/coronavirus) for details.

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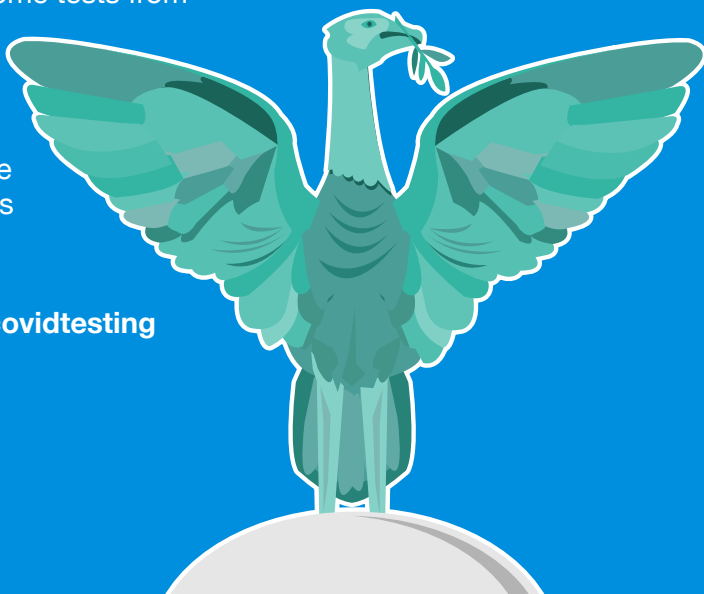
If you have **NO SYMPTOMS** you should still get tested twice a week.

You can collect rapid home tests from your local pharmacy or order them online. You can also visit community test sites or attend one of the mobile testing vehicles. There is no need to book an appointment.

Visit [liverpool.gov.uk/covidtesting](https://liverpool.gov.uk/covidtesting) or call 119 for details.



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# Let's take our city back. One vaccination at a time.

## Everyone over 18 can now book their vaccine.

By getting vaccinated you are protecting yourself and others from getting seriously ill.

Vaccines are shown to be safe and effective against the virus, including new variants.

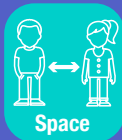
It reduces your risk of spreading the virus to someone else.

You need two doses for maximum protection, so make sure you get both.

Book your appointments online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)  
or call free on 119.

Alongside vaccines and testing we can also reduce our risk and stop the spread by keeping 2 metres apart from people we don't live with and meeting our friends and family outdoors.

We should minimise travel outside of Merseyside and always remember -



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