



## There is a new variant (sort) of Covid-19 called Omicron

### This is what you can do to help stop it spreading



Vaccines are the best way to protect yourself  
Get your Covid vaccine and the booster jab



**After you have been vaccinated you still need to:**  
Wear a face covering on public transport and in shops, unless you are exempt



Meet outdoors, if you have to meet inside  
open a window

Wash your hands with soap and water or sanitiser



Wipe down surfaces you touch



If you have any Covid symptoms get tested  
You may have to self isolate





## Things you can do

Test yourself if you are going to a crowded space, or where there is little fresh air, or if you are meeting someone who is at risk from severe illness.



If you have been in contact with someone with the Omicron variant you will be asked to self isolate for 10 days, even if you have been vaccinated or are under 18 years old.



If you are a parent or carer of a child at secondary school, please agree to testing at school.

## Where to get help

### Get advice: Manchester Covid Helpline

Freephone **0800 234 6123** Text **0786 002 2876** 7 days a week 9am to 5pm  
Translation service available. Talk to the nursing team. Get answers to your questions about Covid. Advice on when to self isolate. Help with booking vaccinations and appointments for tests.

### Get help: Manchester Community Response Hub

Freephone **0800 234 6123** Text **0786 002 2876** Monday to Friday 9am to 5pm  
Messages will be answered by the next working day

Email [COVIDSupport@manchester.gov.uk](mailto:COVIDSupport@manchester.gov.uk)

Get support with top up payments for fuel, getting medication, food and beating loneliness.

### To book a vaccination: Manchester Gateway

Freephone **0800 092 4020** or **0161 947 0770**

To book a Covid vaccination. There are free taxis if you need help to get to an appointment.

### Support to self isolate

If you test positive and have to self isolate there is support including money:

[www.manchester.gov.uk/selfisolationpaymentscheme](http://www.manchester.gov.uk/selfisolationpaymentscheme)

[www.manchester.gov.uk/coronavirus](http://www.manchester.gov.uk/coronavirus)