

Help Stop the Spread of Covid 19 – PHA guidance update – 29.03.21

While we have seen a reduction of positive cases in Northern Ireland some postcode areas are seeing a slight increase and we are sending mobile testing units to areas of particular concern.

After a very tough winter we are all looking forward to nicer weather and brighter days, but it's essential that we don't become complacent.

The rule to stay at home remains in place as we are still in lockdown, it's really important that we all stay local, do not travel around the country and don't mix households.

Everyone must continue to help stop coronavirus spreading;

- Wash hands with soap and water regularly and use sanitiser outside your home when hand washing isn't possible.
- If you sneeze or cough, 'catch it, bin it, kill it.'
- If you go outside, stay 2 metres (6ft) away from other people.
- We can still take exercise locally, so to keep active you could think about working out a different walking route around your area for each day of the week to provide physical activity for the family with a bit of variety.
- If you go out and about somewhere and see it's busy with a lot of people, just go somewhere else that isn't as busy and don't put yourself at risk of mixing in large crowds.
- Avoid touching your face.
- Wear a face covering where needed. Remember, you may spread the virus even if you don't have symptoms.
- Download and activate the StopCOVID NI app from Apple or Google Play to your smartphone.
- If you develop symptoms of COVID-19 – immediately self-isolate and seek testing.
- If you are identified as a close contact you should self-isolate for 10 days, even if you have received a negative test result, because it can take up to 10 days for the symptoms of infection to develop.

For further information see www.pha.site/coronavirus

The sacrifices we have all made during this lockdown are making a difference, and infection rates are dropping – that combined with the roll out of the vaccination

programme provides many reasons to be hopeful as we approach spring, but it remains as important as ever to continue following the rules if we are to have better times ahead.

See the links to relevant videos below:

- Amy's COVID-19 incubation video: <https://vimeo.com/488071904>
- Dave's symptoms, testing and tracing video: <https://vimeo.com/469707818>
- Close contact definition: <https://vimeo.com/500380372>
- Digital self-trace - how does it work: <https://vimeo.com/484096114>
- Car sharing advice - <https://vimeo.com/manage/488920758/general>
translations also available at
<https://www.publichealth.hscni.net/publications/advice-car-sharing-english-and-translations>
- Safer shopping during COVID-19 video, poster and translations
<https://www.publichealth.hscni.net/publications/safer-shopping-during-covid-19-poster-and-translations>
- COVID-19 - how to reduce the spread within your home graphics and animation <https://www.publichealth.hscni.net/publications/covid-19-how-reduce-spread-within-your-home>

There are also a range of COVID-19 vaccine resources available at <https://www.publichealth.hscni.net/directorates/operations/communications-and-knowledge-management/communications/corporate-and-public> This page contains resources to support the roll out of the COVID-19 vaccination programme. Please click on the links under each section to access the resources.

