

# 5 STEPS FOR COVID-19 WELLBEING

## STAY SAFE



- Wear your face covering
- Wash your hands regularly
- Stay 2m apart
- Open windows
- Meet people outside

## BE KIND



- Stay active and eat a healthy diet
- Ask for help if you're feeling down, anxious or stressed
- Go to your health and care appointments
- Look after each other

## STAY HOME



If you or someone you live with has symptoms or tests positive, we can help with:

- Shopping & food
- Financial advice
- Keeping you safe
- Isolation accommodation
- Befriending

## GET TESTED



- Always if you have symptoms; stay home while you wait for results
- Twice a week with rapid tests if you have no symptoms

**[www.newham.gov.uk/testing](https://www.newham.gov.uk/testing)**

## GET VACCINATED



- Book when you're eligible
- Contact our Vaccine Peer Supporters
- Book a Q&A session for your community group

**[www.newham.gov.uk/bookyourvaccine](https://www.newham.gov.uk/bookyourvaccine)**

**[www.newham.gov.uk/coronavirus](https://www.newham.gov.uk/coronavirus)**