

Coronavirus in North Yorkshire

Easy read version

Updated 11 November 2020



This leaflet is from North Yorkshire County Council.



More people are catching coronavirus in North Yorkshire.



There are new rules that everyone in the country has to follow to keep people safe.



You must stay at home.



You should only leave home to go to work or school.



You can leave home to get essential shopping or for medical reasons.



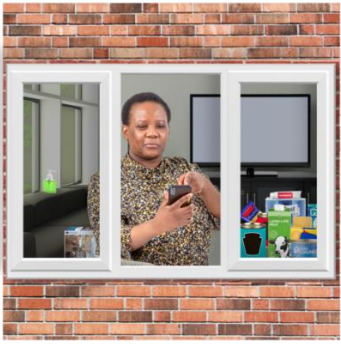
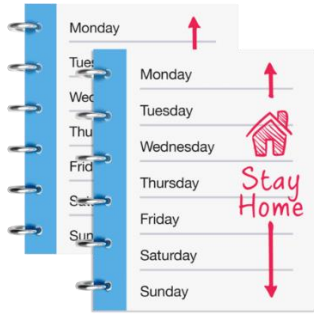

Meeting with different households is not allowed. Try to stay in touch with friends and family using phones instead.



We can all help to stop people catching coronavirus.

	<p>It is important to wash your hands for twenty seconds with soap and water or use hand sanitiser.</p> <p>You should wash or sanitise your hands often during the day.</p>
	<p>When you are outside you must keep two metres apart from people that you don't live with.</p>
	<p>Take extra care if you have a health condition.</p>
	<p>If you go into a shop or other places that are inside you must wear a face covering.</p> <p>You should also wear a face covering outside if you are in a busy place.</p>
	<p>If you go on a bus or a train you need to wear a face covering too.</p>

	<p>Some people might not be able to wear a face covering because of their disability or for health reasons.</p>
	<p>NHS Test and Trace will help to make sure that anyone who has coronavirus symptoms gets a test to find out if they have the virus.</p>
	<p>Symptoms of coronavirus are:</p> <ul style="list-style-type: none">• a cough that doesn't go away• not being able to taste or smell• having a high temperature
	<p>If you have any of these symptoms you need to book a test. You can do this by calling 119 or by booking a test online at www.northyorks.gov.uk/TestandTrace</p> <p>You could ask someone to help you.</p> <p>Lots of people are trying to get a test so it might be busy.</p>

	<p>If you think you have coronavirus you must not leave your home, apart from to have a test.</p>
	<p>You must also stay at home for 14 days if you are told you have been near someone who has coronavirus.</p>
	<p>We can help people who need to stay at home because of coronavirus with shopping or getting medicines.</p> <p>If you need help, ask friends and family first. If you don't have anyone who can help phone us on 01609 780780.</p>
	<p>We all need to work together to stop the spread of coronavirus.</p>