



Do you know the new guidance on self-isolation?

! IF YOU'RE FULLY VACCINATED OR UNDER 18:
YOU NO LONGER NEED TO SELF-ISOLATE IF YOU'RE A CLOSE CONTACT OF SOMEONE WHO TESTS POSITIVE FOR COVID-19

14 DAYS MUST HAVE PASSED SINCE YOUR SECOND DOSE



But you still need to get a PCR test as soon as possible to check whether you have the virus.

Book online at www.gov.uk/get-coronavirus-test



You don't need to isolate whilst waiting for the results, but it might be a good idea to take extra precautions.

People who are double vaccinated can still get COVID-19, so wear a mask in public places, limit contact with others and consider those who are more vulnerable



If you're not vaccinated yet, book online at www.nhs.uk/conditions/coronavirus-covid-19 or by phoning 119



You can also get your vaccine from one of the many walk-in centres and pop up clinics - find out where by visiting www.thevaccinators.co.uk



Remember, if you have symptoms of COVID-19:
YOU MUST SELF-ISOLATE AND GET A PCR TEST



For updates and advice please check our websites www.gov.uk
www.peterborough.gov.uk and www.cambridgeshire.gov.uk