

Let's keep being kind, to keep each other safe



#StrongKindSafe www.halton.gov.uk

As we head into winter with more time indoors and seeing family and friends during the festive season, it's really important that we keep being as safe as possible from COVID-19.

- ➔ **Get vaccinated** – the sooner, the safer
- ➔ **Get a free PCR test**- if symptoms, household contact or advised to by NHS Test and Trace.
 - highly reliable
 - analysed in lab, able to detect new variants
 - triggers financial/practical support – see www.halton.gov.uk/selfisolation or call 0151 511 5200.
- ➔ **Use regular (twice weekly) 'no symptoms' lateral flow tests** – for work, school and if meeting family/friends.

Public Health Bus – please come and see us when you're next out shopping.

Our friendly team can offer:

- Free home test kits (lateral flow/antigen tests)
- Help to book COVID-19 vaccinations
- Answer questions about COVID-19
- Tips for staying safe and healthy this winter
- Information on free local services to help with managing blood pressure, losing weight, mental health, giving up smoking and more.



Public Health Bus Timetable

| Day | Time | Venue |
|-----------|-----------|---|
| Monday | 9.30-3.30 | Morrisons, Green Oaks Way, Widnes WA8 6UA |
| Tuesday | 9.30-3.30 | Co-op, Hale Road, Hale Bank, Widnes WA8 8UU |
| Wednesday | 9.30-3.30 | Runcorn Old Town, behind the bus interchange WA7 1AT |
| Thursday | 9.30-3.30 | Flexible – the team will be supporting events/venues across the community |
| Friday | 9.30-3.30 | Trident Retail Park, Palacefields, Runcorn WA7 2FQ |
| Saturday | 9.30-3.30 | The Hive, Earle Road, Widnes WA8 OTA |

Getting vaccinated in Halton

Anyone who gets COVID-19 can become seriously ill or have long-term effects (long COVID). The COVID-19 vaccines are the best way to protect yourself and others.

Research has shown the vaccines help:

- ✓ reduce your risk of getting seriously ill or dying from COVID-19
- ✓ reduce your risk of catching or spreading COVID-19
- ✓ protect against COVID-19 variants

Getting vaccinated and tested in Halton

Vaccinations

If you are eligible for a 1st, 2nd or 3rd booster jab, go online to book a local appointment via the national booking service or to find details of local 'walk-in' clinics via the 'grab a jab' website. Please see www.nhs.uk or call 119.

PCR tests - available at:

Heath Business Park - Runcorn WA7 4QX

Brindley Car Park - Runcorn WA7 1AQ

Old Police Station - Kingsway, Widnes WA8 7QJ

John Lennon Airport - Speke, Liverpool L24 1YD

Please book your Covid-19 PCR test here - <https://www.gov.uk/get-coronavirus-test> or call 119.

Lateral flow tests

Free and widely available at pharmacies across Halton. Please see www.halton.gov.uk/smart

You can also order home test kits to be delivered to your home - www.gov.uk/order-coronavirus-rapid-lateral-flow-tests or call 119