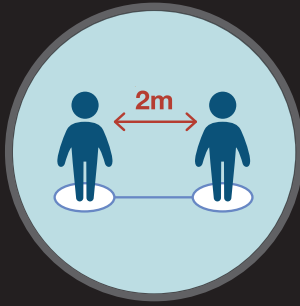# Stop a Bolton lockdown

Follow the guidelines:

- Wash your hands
- Stay 2m apart
- Wear face coverings
- If you have symptoms, get tested

2m

Go to **www.gov.uk/coronavirus**

Bolton Council

NHS in Bolton

Stop a Bolton lockdown

The government has ordered a borough-wide introduction of strict new measures in Bolton as the number of COVID-19 cases continues to rise.

We understand that this is difficult for us all, but the virus has not gone away and we must continue to reduce the risk of transmission. By all pulling together and following the rules, we hope to avoid a full local lockdown.

The information in this leaflet will help to give you and your family clear advice on what to do at this time.

What do you need to do to follow the measures?

By law, people from different households must not meet anywhere inside or outside, either in the borough or elsewhere. You must not:
- **have people you do not live with in your home, or garden, unless they are in your support bubble**
- **meet people you do not live with in their home or garden**
- **meet people you do not live with in another venue indoors or outdoors such as a park**
- **travel outside of these areas to meet people in their home or garden or other venue**

Your household is only the people you live with, or people within your support bubble.
A support bubble is where a household with one adult joins with any other household.
Households within a bubble can still visit each other, stay overnight, and visit public places together.

Visit Bolton Council's website for full details **www.bolton.gov.uk/coronavirus.**

What do I need to do to stay safe?

If you are feeling unwell, get a test and do not leave home for at least 10 days. Everyone in your household will also be required to self-isolate for 14 days.

If you have been identified as a close contact of a confirmed case, you will need to complete your 14-day isolation period even if you test negative.

What are the symptoms?

- **a high temperature**
- **a new, continuous cough**
- **a loss or change to your sense of smell or taste**

How do I get tested?

Visit **www.gov.uk/get-coronavirus-test** or call **119** to book an appointment at your nearest testing centre. You may be asked to test yourself. This involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud. It could be uncomfortable but should not be painful, and takes around 30 seconds to complete. You will get detailed instructions with your kit.

For more information or advice
www.bolton.gov.uk/coronavirus

Bolton Council

NHS in Bolton