



TEST ISOLATE VACCINATE SUPPORT



Vaccinate

Coronavirus can affect anyone. The COVID-19 vaccines will help protect you against the disease. Here's what you need to know:

- The COVID-19 vaccines, like all vaccinations, teach your body to fight the virus. They cannot give you coronavirus.
- **The vaccines are safe, tested and they work:** they have been tested in the same way as all other vaccines and medicines, which showed they are safe and offer very high levels of protection against the effects of COVID-19.
- There are no animal or foetal products in the Pfizer, AstraZeneca or Moderna vaccines currently approved for use in the UK.
- The vaccines have been approved as halal by Muslim leaders and Christian, Hindu and Jewish faith leaders have also endorsed the vaccines. Islamic scholars have also been clear that they don't invalidate the fast so you can still have your vaccination during Ramadan.
- The vaccines are only available from the NHS by appointment and are free. They are being offered to people in order of age or who are at greater risk from COVID-19.
- When it's your turn your GP practice will contact you or you will get a letter from the NHS national booking service. Please don't contact your GP practice to find out when you or a family member will be vaccinated. They will not be able to tell you.
- **Please have your vaccine when you are invited.** You need two doses to get the maximum amount of protection so please attend both appointments.
- Once you've been vaccinated you may still be able to spread the virus to others so it is still very important to follow safety guidance.

Getting as many people as possible vaccinated against COVID-19 is our best hope for returning to normal life.

Find out about the vaccine at
www.nhs.uk/CovidVaccine

Thank you from Cllr Susan Hinchcliffe



This time last year the world was still coming to terms with the severity of the

COVID-19 pandemic and the UK had not yet gone into the first national lockdown.

Since then, it has been a very long and stressful year for everyone, and a tragic one for too many who have lost loved ones to this terrible virus.

While vaccination continues at pace we are still in a critical period in the battle to beat COVID-19. But, I want to take this opportunity to thank all of you for your fortitude over the last 12 months and your individual efforts to help the Council, its partners and everyone in the Bradford District to respond to the

unprecedented circumstances we've found ourselves in.

Thank you to key workers, volunteers, the shielded and the furloughed, and to our businesses. Thank you for getting tested and self-isolating, for home schooling and not socialising. Thank you for washing your hands regularly, wearing a face covering, and keeping your distance. Thank you all for everything you've done, however big or small, to protect our district.

There is light at the end of the tunnel with the vaccine. We will get to the other side of this and there will be brighter tomorrows.

Cllr Susan Hinchcliffe,
Leader of Bradford Council



NHS
Test and Trace

Around 1 in 3 people with COVID-19 don't have any symptoms but can still pass it on

Know the symptoms

Most people with coronavirus have at least one of these symptoms:



High temperature



New, continuous cough



Loss or change to your sense of smell or taste

Getting tested

If you live or work in the Bradford district there are several different ways to get tested – if you have symptoms or not.

If you do have symptoms

- You can book a test by ringing 119 or visiting www.nhs.uk/coronavirus. You can choose which mobile testing unit you would like to visit. Test results will usually be sent within 1-2 days.
- You can ask someone (who hasn't got any symptoms) to pick up a home test from a local pharmacy. You can find out which pharmacies have test kits available by visiting www.bradford.test-and-trace.nhs.uk Test results will usually come back 2-3 days after posting the kit back.
- If you are frontline health or social care staff you can visit Marley Fields Sports Centre – you must book an appointment. Test results will usually be sent within 1 -2 days.

If you don't have symptoms

You can drop into one of the community testing centres for a Lateral Flow Test at

- **St George's Hall**,
Bradford, BD1 1JY
Monday to Sunday, 9.30am to 5pm
- **Airedale Shopping Centre**,
Keighley, BD21 3QQ
Monday to Saturday, 9.15am to 4.30pm. Sundays 10am to 4.15pm.

You don't need an appointment and you will get your test results after approximately half an hour.

If you get a positive result from any of the tests, you and anyone you live with will have to isolate immediately.

If you get a negative result you must still stick to the guidelines and continue to wash your hands regularly, wear a face covering and stay at least 2m apart from others in public places..

Tracing

If you test positive for coronavirus you will be asked for details of anyone you have been in contact with so they can be informed and given advice on whether they need to self-isolate. This may be via a telephone call, text or face-to-face. Our team of contact tracers can also provide information on how to get help and support.

Self isolation

Self-isolation is when you do not leave your home because you have, or might have, coronavirus. Self-isolation helps stop the virus spreading to other people.

You must self-isolate for 10 days

- As soon as you have any symptoms of coronavirus
- You've tested positive for coronavirus
- You live with someone who has symptoms or who has tested positive
- Someone in your support bubble has symptoms or has tested positive
- You're told to self-isolate by NHS Test and Trace
- You arrive in the UK from abroad
- A school has told a pupil to isolate as part of a bubble

Help and support

You are not on your own; we know that staying at home and not going out isn't easy. If you need help or support to self-isolate, for example with collecting shopping or medicines, please visit: www.nhsvolunteerresponders.org.uk

If you need immediate support please call **01274 431000** (Monday to Friday 8am - 6pm).

Our friendly team (some of who can speak different languages) can help by:

- putting you in touch with a local food bank
- sorting out a priority supermarket delivery slot
- helping with loneliness and getting someone to give you a call
- arranging for someone to walk your dog
- referring you for welfare support or debt advice



You may also be entitled to financial help if you have to self-isolate, are unable to work and are on a low income. You can find out more at: www.bradford.gov.uk/testandtracesupport

The wording in this publication can be made available in other formats such as large print and Braille. Please call (01274) 431000.

Useful websites:

www.gov.uk/coronavirus
www.nhs.uk/coronavirus
www.bradford.gov.uk/coronavirus