

Help stop the spread of Coronavirus in York



Thank you

There have been so many changes to our lives over the last few months because of Coronavirus. As we near the end of another challenging academic year, we wanted to say a huge thank you for your help.

Many of you have home schooled and self isolated. All of you have coped with disrupted schooling and not being able to see friends and family.

The Delta variant

As you may have heard, there is a new 'type', or variant, of Covid 19, called the Delta variant. This strain of the virus is spreading across the country and is here in York.

It is more transmissible than we have seen before and cases of coronavirus are rising, particularly among those groups who are unvaccinated. This includes young people of secondary school age.

With a matter of weeks to go before the summer holidays we need your help to keep cases down. [yor-ok.org.uk/families/5-18 years old](https://www.yor-ok.org.uk/families/5-18-years-old)



How you can help

- wash your hands regularly
- wear a face covering in busy public spaces and where asked to do so
- give people space
- meet friends or family outside if possible, or open windows letting fresh air indoors
- get tested regularly, anyone over the age of 11 can get a symptom-free test and report your results, even if it is negative.
- If you have symptoms, stay at home and book a test through 119 or at:

www.nhs.uk/coronavirus



How your friends and family can help

Encourage older friends or family members (anyone aged 18 or over) to get both doses of the vaccination to ensure they get maximum protection.

They can find out more and book an appointment at:

www.nhs.uk/covidvaccine

