HELP KEEP CROYDON SAFE

Please get vaccinated

Continue to wash your hands regularly

Wear a face covering in crowded areas and on public transport

Socialise outside and keep indoor areas well ventilated - limit close contact with people you don't live with

Testing regularly protects us all. Keep testing and isolate if you test positive

Try to stay at home if you are feeling unwell

Download and use the NHS Covid-19 app

TEST

GET TESTED

You can take a lateral flow test and be notified of your result within 30 minutes at our pop-up test sites across the borough. The times and locations of the sites can be found by scanning the QR code or visiting **www.croydon.gov.uk/covid19test**

HOME TEST KITS

You can obtain home testing kits at our sites or, should you wish to receive kits through the post, order them from the NHS at: **www.gov.uk/order-coronavirus-rapid-lateral-flow-tests**

You can also visit a pharmacy that has kits available. Find your nearest at **www.maps.test-and-trace.nhs.uk**

SCAN ME TO FIND OUR TEST SITES

Croydon Healthy Homes

WOULD YOU LIKE PRACTICAL ADVICE ON ENERGY EFFICIENCY IN YOUR HOME? WE CAN HELP

@CroyHealthyHome

Croydon Healthy Homes Partnership

0800 292 2529 FREEPHONE (please leave a detailed message)

www.croydon.gov.uk/healthyhomes

FINANCIAL SUPPORT

If you or a child you care for is told to self-isolate by the NHS, you may be entitled to a payment of £500 if you can't work from home and you have a loss of earnings.

If you need more information visit our website or call

020 8604 7787
Mon - Fri, 9am - 4pm

croydon.gov.uk

YOUR HEALTH & WELLBEING

Over 16 and struggling with smoking, diet, alcohol or your mental health through Covid-19? **WE CAN HELP!** Contact Croydon's Live Well team for **FREE** one-to-one advice:

📞 **0800 019 570**

🌐 **JustBeCroydon.org**

@ **LiveWell@croydon.gov.uk**

For free tools and support to start leading a healthier lifestyle visit **nhs.uk/better-health**

Better Health **Let's do this**

NHS HEALTH CHECK

Aged 40-74? Get your **FREE NHS Health Check** today! Scan the QR code for more information

UK Health Security Agency

Funded by the UK Health Security Agency