

Think twice, Act now, Enjoy later.

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Our Intention:

We want to ensure everyone has a safe and enjoyable Christmas but we also want people in our communities to celebrate safely.

We want people to reflect on their own situations and circumstances and ensure that they make the right decisions to ensure that our families are kept safe from the further spreading of COVID-19.

If we can think twice and act now, then we will be able to enjoy the things we love with the people we love in the near future.

www.internet.rochdale.gov.uk/health-and-wellbeing/coronavirus/Pages/guidance-on-protecting-yourself.aspx

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How to begin:

We want you:

- To share the messages and have conversation with the people around you.
- To use your connection, trust and knowledge to support people to make an informed choice or small change to enable them to celebrate safely and know what is available.
- To support people to see what they can do for themselves during this time.

See below a useful video on how to have a conversation.

www.youtube.com/watch?v=0g6UaLxQ30U

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Being thoughtful:

Be thoughtful, don't rush into making decisions. Creating a **bubble** will increase the spread of COVID-19 across our borough. If cases get worse, the government could put us into lockdown again in January. Prevent the spread of the virus this Christmas and try not to mix.

We all need to **protect** vulnerable loved ones. **Think twice** before forming a bubble with other households, just because you can doesn't mean you have to. Three households are allowed to gather over the holiday but that does not make it safe. The less we mix, the less we spread COVID-19.

Think twice about making plans with family. If you have symptoms think twice before visiting family, self isolate and get a test.

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Keep up to date:

Remember to keep up to date with all the latest COVID-19 information by visiting the council website or go to www.nhs.uk/coronavirus

It can be difficult to recognise what information we read to be true or not true, always ensure that the information you read comes from a reliable source and can be backed up by scientific evidence.

www.gov.uk/coronavirus

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What are the alternatives?:

Here are some nice things you can do over the festive period.

www.healthwatchrochdale.org.uk/coronavirus

Rochdale Council link what's on guide

There are opportunities available for us to get through this together but in our own safe environments. By acting now we will be able to enjoy our activities with our loved ones later.

www.link4life.smart-exercise.com/

www.actiontogether.org.uk/winter-support

Rochdale Council:

www.rochdale.gov.uk/health-and-wellbeing/coronavirus/Pages/covid-19-help-for-vulnerable-adults.aspx

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Looking after yourself:

If you have symptoms get a test. COVID-19 tests are available every day even over Christmas and New Year. If you have any symptoms of COVID-19, isolate immediately and do not mix with others.

Book yourself a test. www.gov.uk/get-coronavirus-test

Visit nhs.uk/coronavirus or call 119 www.internet.rochdale.gov.uk/news/Pages/rochdale-testing-centre-moves.aspx

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Thinking of others:

If you are having a gathering over the festive period, think about the national messaging which will talk about making your home COVID secure: **Hands, face, space, ventilation.**

Ventilation (having some air flow through the house) is important so keep doors and windows open.

www.gov.uk/government/news/new-film-shows-importance-of-ventilation-to-reduce-spread-of-covid-19

Disinfect frequent touched surfaces especially in bathrooms etc.

1 in 3 people who have COVID-19 do not have symptoms, so if you gather with your loved ones, please do everything you can and act now to reduce your risk of spreading the virus.

Thinking about celebrating

7-minute briefing

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