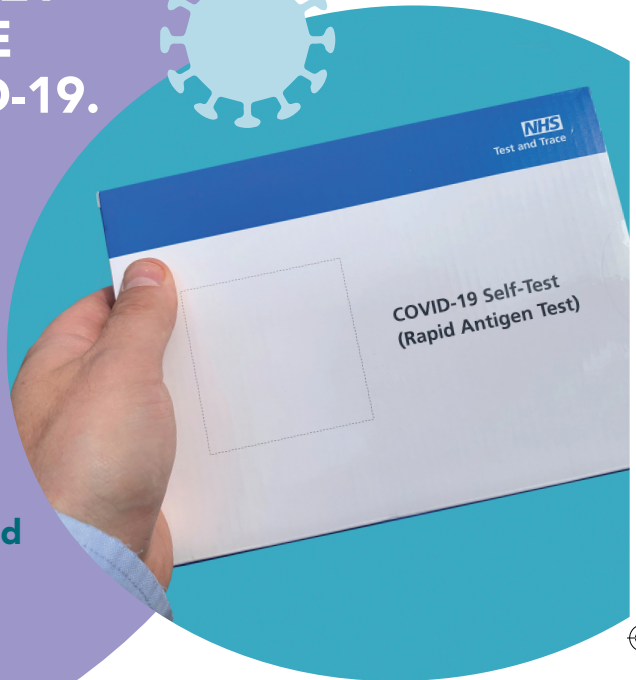


# TESTING YOURSELF REGULARLY IS A KEY TO REDUCING THE SPREAD OF COVID-19.

You've just picked up a rapid test which should be taken every 3 - 4 days to make sure you do not have COVID-19 without displaying symptoms.

**If you test positive, you need to isolate immediately and organise another test by calling 119.**



**Doing all three of these things together is the best way of keeping yourself and your loved ones safe from COVID-19**

- 1 Get tested regularly** – use these rapid testing kits every 3 - 4 days to see if you have COVID-19 even if you are not displaying symptoms.
- 2 Get the vaccine** – residents can now walk-up and get their jab without an appointment at CP House in Ealing (W5 5TL). There are also a number of pop-up vaccinations sites being organised across the borough, find out more on the Ealing Council website [ealing.gov.uk/coronavirus](http://ealing.gov.uk/coronavirus)
- 3 Follow public health guidance** – particularly **Hands** – wash your hands regularly. **Face** – wear a face covering in public. **Space** – keep distance between yourself and others.

### Vaccination Centre

Get your COVID-19 vaccine if you are eligible. Booking recommended but not essential. 8am – 8pm.

- 📍 CP House, Ealing W5 5TL
- 🏪 There are a number of pharmacies offering vaccines across the borough, book yours now
- ☎️ 119 🌐 [www.nhs.uk/CovidVaccine](http://www.nhs.uk/CovidVaccine)

### Do you have COVID symptoms?

Book a test at a local testing centre and self-isolate along with your household. 8am – 8pm.

- 📍 Featherstone Terrace Car Park Southall UB2 5AL
- 📍 Gurnell Leisure Centre Greenford W13 0AL
- 📍 Michael Flanders Centre Acton W3 8PP
- ☎️ 119 🌐 [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

### FREE rapid test kits

Get a free set of rapid test kits from a number of pharmacies in the borough. These tests are for residents that are not displaying symptoms, if you are following the guidance above in the green box. Find out which ones are offering testing kits at:

🌐 [ealing.gov.uk/covidtest](http://ealing.gov.uk/covidtest)

- 🕒 8am – 8pm
- 🕒 8am – 8pm
- 🚚 Check the website for roving testing sites
- 🏪 Check the website for local pharmacy testing sites, including ones that offer rapid test assistance

## IMPORTANT MESSAGE ABOUT COVID-19 TESTING IN EALING

If your test is positive, it'll be checked to see what strain of the virus you've been infected with.

If you test positive, you may be eligible for a £500 support payment if you are on a lower income and cannot go to work because you are self-isolating.

Visit [www.ealing.gov.uk/selfisolationpayments](http://www.ealing.gov.uk/selfisolationpayments) for further information.

### STAYING SAFE

As well as getting tested, you can protect yourself and others by following:



**HANDS**



**FACE**



**SPACE**



**FRESH AIR**

### TRANSLATION SUPPORT

Please support friends, family members or neighbours who do not speak English as a first language by offering to translate this information for them.

