

# FOR SLOUGH RESIDENTS

We have produced this flyer for key information on coronavirus and testing. If you require a test please utilise the new testing centre at the old Montem leisure centre car park, SL1 2QG. It is open daily from 8am to 8pm for drive through or walk through. You can get a test whether you have symptoms of coronavirus or not. You can book an appointment by calling 119 or simply turn up on the day (the wait time may be slightly longer without an appointment).

You should get tested if you show symptoms of coronavirus which include: a high temperature, a new continuous cough or a loss of, or change to, your sense of smell or taste.

## If you test Covid-19 positive:

- Immediately call your GP and inform them of the test result as they will now provide expedited support. To find your local GP please go to [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)
- Self-isolate for at least 10 days from when your symptoms started - even if it means you're self-isolating for longer than 14 days
- Anyone you live with must self-isolate for 14 days from when your symptoms started
- Anyone in your support bubble must self-isolate for 14 days from when your symptoms started
- Ensure you follow the instructions and guidance provided by NHS Test and Trace when they make contact with you to find out your contacts

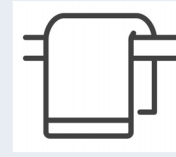
## If you test Covid-19 positive or negative:

- Continue to follow the key government guidelines of how to protect yourself and your family from coronavirus including regular handwashing, social distancing and wearing a face covering
- Please also follow the NHS Test and Trace guidance if you are negative but have been in contact with someone that is positive. [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- Explore other ways that you can protect yourself and your family from coronavirus such as losing weight, stopping smoking and being more active. For more information on this go to [www.publichealthslough.co.uk/campaigns/one-slough](http://www.publichealthslough.co.uk/campaigns/one-slough)
- Consider other areas of health support and advice that you might need through visiting [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk) or calling 01753 373646. For example on immunisations, mental health, healthy eating or oral health or for help in preventing type 2 diabetes
- If you are not shielding and need other support such as housing, council tax or benefits go to [www.slough.gov.uk](http://www.slough.gov.uk) or call 01753 475111
- If you are shielding or vulnerable and require immediate support with things like food or medicine please call 01753 944198
- If you are **Covid-19 negative, but are symptomatic or unwell**, please contact your GP as you would normally, or contact NHS 111

For more information and for the national coronavirus guidance please go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or email [publichealthslough@slough.gov.uk](mailto:publichealthslough@slough.gov.uk)



## How to stay healthy in a multi-generational household to avoid the spread of Covid-19



Make sure elderly or vulnerable people use separate towels from other people in the house both for drying themselves after bathing and showering and for hand hygiene purposes



Ensure every member of the household washes their hands with soap and water regularly for a minimum of 20 seconds or use hand gel sanitiser



It can be difficult for some people to separate themselves from others at home. If you share a kitchen with a elderly or vulnerable person, avoid using it while they are present



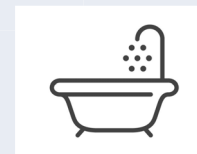
Minimise as much as possible the time any elderly or vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas and keep shared spaces well ventilated



If you do share a toilet and bathroom with a elderly or vulnerable person, it is important that you clean and wipe surfaces you have come in contact with. Closing the toilet lid, before flushing may help too



Aim to keep 2 metres away from elderly or vulnerable people you live with and encourage them to sleep in a different bed



Another tip is to consider drawing up a rota for bathing, with the elderly or vulnerable person using the facilities first