

## **Script 1 (general advice)**

Hello - This video has been produced by Kirklees Council's Migration and Resettlement Team.

This video will tell you about the COVID-19 symptoms, how to stay safe and how to get tested.

We would like to make clear that COVID-19 is **NOT** fake news or misinformation; COVID-19 is a very real infectious disease which has killed thousands of people in the United Kingdom and more than a million people worldwide and these figures are still rising.

This is why it is VERY important to get a COVID test if you have any of the following symptoms:

a high temperature  
a new and continuous cough  
or a loss or change to your sense of smell or taste.

If you have any of these symptoms please arrange a test via NHS website or by calling 119. You should isolate until you get your test results and continue to isolate for 10 days and people who live with you or who have recently come into contact with you should isolate for 14 days. This means you can not leave your house or garden for 14 days. Support is in place for people who need to isolate. See the Isolation Support Video.

We must all continue to wash our hands with soap and water for 20 seconds as often as we can, especially when returning home from public places, always keep 2 metres away from people you do not live with or who are not in your support bubble, and always wear a face covering in shops and other public places especially when indoors.

If you do not follow the rules you could be fined.

If you test positive, Test and Trace will contact you.

### **Covid-19 Community Response freephone helpline**

You can call free to let us know what you need help with, or to tell us how you can help others. 0800 4561114 (24 hours a day, 7 days a week).