

TESTING AND ISOLATING

If you have any of the three main COVID-19 symptoms

(A NEW PERSISTENT COUGH, A FEVER, OR NEW LOSS OF/CHANGE IN YOUR SENSE OF SMELL OR TASTE) YOU SHOULD GET A COVID-19 TEST.



Why should I get tested if I have symptoms?

- To protect yourself and people around you, including loved ones, the elderly and vulnerable people ✓
- So you can apply for the £500 isolation support payment ✓
- The more people who get tested, the quicker we can slow the spread, save lives and get back to normal ✓

Book a test at: www.nhs.uk/ask-for-a-coronavirus-test or call 119.

Walk-through (walking or cycling only)

- Paul Street, Stratford, E15 4QB
- Hilda Road, East Ham, E6 1DB
- Kingsford Way, Beckton, E6 5JQ

In the run up to Christmas testing is also available for people without symptoms. When you book online choose “Your council has asked you to get tested”.

Drive-through (people with access to a private vehicle)

- Lea Valley Athletics Centre, 61 Meridian Way, Edmonton, N9 0AR
- The O2 Arena, Greenwich, SE10 8FR

At home:

If you cannot get to a testing centre, you can order a home test. A testing kit will be posted to you with instructions and packaging so you can do the test yourself and return the kit easily.

If you're a carer (or care for someone in need of support), or living with someone who has a long term health condition or is over 70, and would like a regular Covid-19 test please email rapidcovidtest@newham.gov.uk

If you are contacted by NHS Test & Trace make sure you ask for and **keep your NHS Test & Trace reference number so you can apply for the £500 isolation support payment if you're eligible.**

If you need help to isolate because you live with someone who is at high risk we can support you. Contact the Covid-19 Helpline confidentially on **020 7473 9711** or covidhelp@community-links.org for information.

SUPPORT AND ADVICE

If you need support during the winter period, the following services are open and able to assist you.

COVID-19 Helpline: For questions and advice - how to get a test and help accessing support including food, financial help and help for carers to isolate. **020 7473 9711** or **covidhelp@community-links.org** (9am-7pm*, 7 days a week, *Christmas bank holidays 9am-3pm). Multiple languages available.

Isolation Support Payment information and application form:
www.newham.gov.uk/CovidIsolationPayment

NHS Advice: **111.nhs.uk** or call **111** (Free). In an emergency: Call **999**.

Mental Health Crisis Line: **020 7771 5888** (Free, 24 hours, 7 days a week).

Libraries: Stratford and East Ham Libraries will be open 10am-5pm on 29, 30, and 31 December. All other libraries will close on 24 December 2020 and reopen on 2 January 2021.

NHS Volunteers: If you need help accessing basics due to COVID-19. **0808 196 3646**. (Free, 8am-8pm).

Newham Council: For council services and support. **020 8430 2000** or Textphone **18001 020 8430 2000**.

For more advice and services including for children and young people visit **www.newham.gov.uk/wintersupport**

If you require this document in another format including:

Please call:

0800 952 0119

And quote the following:



Audio



Braille



Large print



Other languages

1336349

www.languageshop.org



We stay apart now to be together later