



Sunderland People First
A Voice For Change

STATEMENT FROM NORTH EAST HEALTH AND POLITICAL LEADERS – 18 NOVEMBER 2020

	<p>We know that people have found it very difficult during the coronavirus pandemic, especially during the second national lockdown.</p>
	<p>NHS, Social Care and our local leaders would like to thank everyone for sticking to the rules.</p>
 <p>Hospital</p>	<p>Health services have been able to continue to treat people and provide vital services because people have been sticking to the rules.</p>
	<p>We are doing everything we can to support and care for everyone, but we need your help.</p>



During the last few weeks, there have been more Coronavirus cases and more hospital admissions.



Sadly, we think this will continue during the winter.



So we need people to go to Accident and Emergency only if they have very serious illnesses.



We know more about how to treat coronavirus but we need to keep as many people well, and out of hospital as possible.

 <p>December 2</p>	<p>The current lockdown will end on 2 December, and after this we do not know what the rules will be.</p>
	<p>Until lockdown ends, it is important that we continue to reduce social contact, and to follow the rules.</p>
	<p>Remember we are doing this to save lives and protect the NHS, so it can treat everyone who needs it.</p>
	<p>Intensive Care Units need to be kept free for emergencies.</p>

	<p>To keep everyone safe. If you test positive for coronavirus it is important to socially isolate to keep other people safe.</p>
	<p>There is good news about vaccinations to protect against coronavirus, but it will take time before we can get people vaccinated.</p>
 <p>Hands</p> <p>Face</p> <p>Space</p>	<p>It is important that we continue to follow the rules</p> <p>Wash our hands</p> <p>Wear a facemask</p> <p>Keep a safe distance</p>
 <p>Temp °C High</p>	<p>If you have symptoms you must get a test and self isolate.</p> <p>If your test is positive you need to self isolate for 2 weeks.</p>

Self-isolate for 14 days

I understand



If you are contacted through NHS Test and Trace you must get a test and self isolate for 2 weeks.



If people don't follow the rules, we will see an increase in the number of people who get coronavirus and an increase in the number of deaths.



It is important that we all stick to the rules together so that we can get through this together.