



COVID UPDATE

RYEDALE

There was a spike in the COVID escalation rate in Ryedale in November.

We can't be complacent about COVID. We must keep protecting one another.

- Follow lockdown rules.
- Wash your hands frequently with soap and water for at least 20 seconds or use hand sanitizer.
- Wear a face covering in public indoor spaces.
- Respect social distancing. Keep 2m apart.
- If you have symptoms, self-isolate and stay at home until you can get tested.
Book a test at nhs.uk/coronavirus or call 119

Need help? For information on support visit:

www.ryedale.gov.uk/COVID-support

RYEDALE
DISTRICT
COUNCIL



**DON'T LET COVID
RISE IN RYEDALE**