

ADVICE UPDATE

SPRING 2021

Get Tested For Coronavirus

Up to 1 in 3 people can have Coronavirus (COVID-19) without having symptoms. Getting tested is vital to help prevent the spread.

No symptoms? Get tested.

A number of community testing options are available across **Essex**, **Southend-on-Sea** and **Thurrock** for people <u>without symptoms</u> to get tested.

For more information, please visit:

Essex residents: www.essex.gov.uk/get-tested

Southend-on-Sea residents: www.southend.gov.uk/gettested

Thurrock residents: www.thurrock.gov.uk/coronavirus-test







JUST THINK 111 FIRST

When you think you need A&E, contact NHS 111 by phone or online.





