



# 19<sup>th</sup> May 2020

## Daily News and Keeping Well Tips



Inclusion North will give you the Government's big messages here.



### Big messages today:

Everyone over the age of 5 years who has symptoms will now be able to have a test. The number of people known to have tested positive for Coronavirus continues to go down.



Loss of **taste** and **smell** has now been added to the list of Coronavirus symptoms. Having a cough or a fever are still the most common symptoms.



The Government is still working on the 'Track and Trace' project on the Isle of Wight. How this will be used in the rest of the country is still not known.

Advice for us all still includes:

- Stay at home as much as possible
- Wear a face mask when in small spaces like shops or on public transport
- Keep 2 meters away from others
- Wash your hand often
- Don't go out if you or anyone in your house has symptoms of Coronavirus



### Keeping well tip -

Try to get up at the same time each morning and go to bed at the same time each night. Stick to this routine if you can