



# Sandwell News

**Around 1 in 3 people with COVID-19 have no symptoms.**



**Every action counts.**



## Covid-19 - Got symptoms? Get tested!



**If you have any coronavirus symptoms:**  
a high temperature  
a new, continuous cough  
a loss of, or change to, your sense of smell or taste

**Get a test now**


[www.sandwell.gov.uk/testsandwell](http://www.sandwell.gov.uk/testsandwell)



Do you have:


 A high temperature


 A new, continuous cough

 A loss or change to your sense of smell or taste



If you do have symptoms:

 Get a test immediately

 Don't leave your home other than to get tested

Please don't take risks and keep yourself and others safe.

For the latest Covid-19 situation in Sandwell

## Doing your big shop?

🛒 It's half-term and the shops are busier than normal. 🛒

Please, if you can, shop alone - ideally one person per household. The more people there are in shops, the more difficult it is to social distance.

🌿 Supermarkets and shops are places where we are likely to come into contact with others and therefore are a risk for infection. 🌿

Our officers are patrolling with Sandwell Police to make sure shops and customers are acting responsibly.

PLEASE SHOP SAFELY



Do not shop in groups  
If possible, don't take children shopping

Sandwell  
Metropolitan Borough Council

PLEASE SHOP SAFELY

Remember:



Do not touch items you  
are not going to buy

😊 Always wear a face covering

↔️ Keep at least 2 metres apart

🧴 Use hand sanitiser

🕒 Visit at times when shops are less busy

🚫 Don't touch anything you aren't going to buy 📱 Use contactless payments when possible

And if you don't feel safe in a shop, don't go there again.

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## 💬❤️ Your mind matters

😞 Lots of us will feel stressed and worried every now and then, especially at difficult times like these.

📄 [Take 30 seconds to complete the NHS Mind Plan Quiz](#) to find ways to improve your mood and manage your thoughts.

**NHS**

# SIMPLE TIPS FOR IMPROVING YOUR MOOD

**TIP 01**  
Learn how to manage unhelpful thoughts

**TIP 02**  
Stay active

**TIP 03**  
Talk to someone

**WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.**  
Visit **Every Mind Matters** for more tips and advice

**Better health every mind matters**



## Are you worried that a loved one is at risk of being exploited by extremists?

With children and young people spending more time online at the moment, it is important to spot the signs of online radicalisation. You won't ruin lives but you could save them. Act early.

[Visit the #ActEarly website for advice and support](#)



**Sandwell & Walsall**

## Citizens Advice Sandwell & Walsall - together, for you

[Citizens Advice Sandwell & Walsall services](#) have now merged to offer a stronger service across both boroughs. We want to

reaffirm our commitment to the people of both areas - we are here for you. We will continue to offer advice and to help you overcome the barriers and problems you may be facing. Search Sandwell & Walsall CA online for more information or call our adviceline on 0300 330 9017 to speak to an adviser.

Another of our main aims is to speak up for people using evidence and real-life stories to highlight poor social policies and how these negatively affect our lives. If you would like more information on our Research and Campaigns work or need help to have your voice heard, then please email Gary at [gary.m@citizensadvice-sandwell-walsall.org](mailto:gary.m@citizensadvice-sandwell-walsall.org)

## Leaving home for work? Get a test to be safe

If you do not have symptoms but you must go out to work, you can have a free rapid Covid-19 test at West Bromwich Town Hall every week.

Sandwell has a dangerously high infection rate compared to other areas in the UK. There is a worrying number of cases in people aged 65 and older.

So rapid testing is really important to detect people who have Covid-19 without realising, helping us to stop the spread..

[Book your test today on the council website](#)

## Leaving home for work?

If you don't have any Covid-19 symptoms and you work in a job that you can't do from home, you can get a free rapid Covid-19 test at West Bromwich Town Hall every week.

Book your test at [www.sandwell.gov.uk/testsandwell](http://www.sandwell.gov.uk/testsandwell)



 Sandwell  
Metropolitan Borough Council



## How do I take part in the census?

it's about us  
census 2021

Polling stations will be safe places to vote in May, but there are other ways to vote.



Want to vote by post? Apply early

The Electoral Commission

 Sandwell  
Metropolitan Borough Council

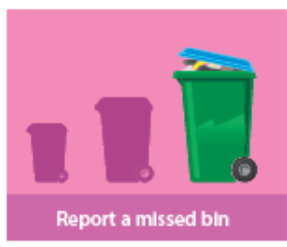
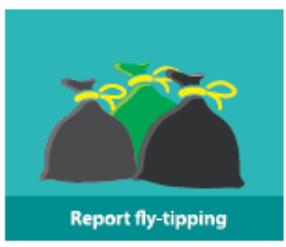
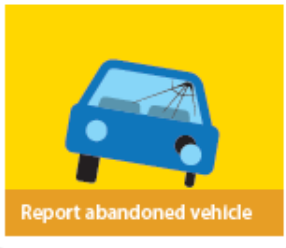


# Sign-up for our **job alerts**

Take the hassle out of job searching

 Sandwell  
Metropolitan Borough Council





[my.sandwell.gov.uk](http://my.sandwell.gov.uk)