Staying safe this Christmas

We're all looking forward to getting together with friends and family this Christmas but with Covid cases high and Omicron spreading across the country, we need to make sure we don't give the virus more chances to spread.

We've pulled together some top tips to help keep yourself, friends and family safe this festive season.

- Get all recommended doses of the Covid vaccine and if you are over 18 and it's been three months since you had your second dose, get your booster - www.sunderland.gov.uk/covidvaccine. And remember to get your flu jab too if eligible

- Covid spreads when we have contact with others so think about limiting how often you mix with people outside of your household - prioritise the get togethers that really matter

- If you are heading out and about, take a LFD test. Report your result and if it's positive, self-isolate immediately and take a PCR test - you might have covid and not know it so this will help to stop you passing it on

- Make sure you wear a face covering in crowded and enclosed places - it's a legal requirement in most indoor places and on public transport and really helps to stop the spread

- If you're seeing others and it's a crisp winter's day, why not meet outside. If you're inside, open a window to help blow any covid particles away

- Keep washing and sanitising your hands

- If you have any symptoms, even mild ones, stay at home and get a PCR test

And remember, with lots of winter viruses in circulation, you should also stay at home if you feel unwell to help stop passing on any infections.