

Let's talk about Delta

Delta is now the dominant variant in the UK, here's what you need to know:

Transmissibility - it's easier to catch so it's even more important to remember hands, face, space, fresh air.

Symptoms - as well as the usual symptoms of COVID-19, look out for mild cold-like symptoms which may include a headache, runny nose or sore throat, this may also feel a bit like hayfever.

Take the right test - no matter how mild your symptoms, or even if you're not feeling quite right take a PCR test. If you're completely symptom-free take an LFT twice a week.

Remember - what may be a mild illness for you can be really serious for someone else.

**Play your part -
protect Dudley borough**

Dudley
Metropolitan Borough Council