

Coronavirus: Health & safety - Stay at home. Stay Safe

The best sources of information for this are the public health experts, below we have given you some links you may find useful.

Access the government website for current information about the virus, when to leave your home and guidelines for vulnerable persons:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

There is also an easy read version for vulnerable persons:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875126/Easy_read_guidance_on_shielding_March_2020.pdf

Link to the Government's mental health campaign during covid19:

<https://www.gov.uk/government/news/covid-19-mental-health-campaign-launches>

What to do if I'm self-isolating?

If you are self-isolating, please let us know as soon as possible so we can tailor our service to your needs.

Domestic Abuse

With an increase in time spent at home following the Government's guidance to enter quarantine, the risk of domestic abuse cases are also likely to increase. Help can be found in **Refuge's COVID-19 Survivor Tips**: <https://www.refuge.org.uk/covid19-survivor-tips/>

Other Useful links

Please read the latest advice from Public Health England to see how you can best prevent the spread of the virus at: <https://www.gov.uk/government/organisations/public-health-england>

Also read their guidance on what to do if you have symptoms of coronavirus.

Watch BBC's short video on what symptoms to look out for:

<https://www.bbc.co.uk/news/av/health-51934576/how-do-i-know-if-i-have-coronavirus>