

Coronavirus Information from the Government

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Important

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get back home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

Who's at high risk from coronavirus

Coronavirus can make anyone seriously ill, but there are some people who are at a higher risk.

They have been advised to self-isolate at home, also known as 'shielding', for at least 12 weeks. This means avoiding all face to face social contact, remaining in your home and only allowing essential visitors, such as NHS staff or carers (including family crs) to enter your home. If you need to have something delivered or if family and friends are bringing shopping or other essentials, it must be left at the doorstep.

For example, you may be at high risk from coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

and persons over 70 years of age

Information:

If you're at high risk, you will be contacted by the NHS by Sunday 29 March 2020. Do not contact your GP or healthcare team at this stage – wait to be contacted.

How to protect yourself if you're at high risk

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it.

These include:

- not leaving your home – you should not go out to do shopping, pick up medicine or exercise
- stay at least 2 metres (3 steps) away from other people in your home as much as possible

Ask friends, family or neighbours to pick up shopping and medicines for you. They should leave them outside your door.

If you need help getting deliveries of essential supplies like food, please contact your Helen Kenyon on 07768 139768 and she will assist you in registering for Coronavirus Support.

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

Shared Houses

With more people living in proximity, those living in Shared Houses means a higher risk of an infection spreading.

The official advice from the government is for tenants to remain in their own room as much as possible, avoiding communal areas.

All tenants should use separate cutlery and crockery, clean their own dishes and use a separate tea towel, this would also include leaving the bathroom clean (bath, shower, sinks, toilets) after using them, ideally cleaning it after each time you use it.

Where possible they should try to schedule routines so that if a person is self-isolating uses the bathroom last, uses separate towels and cloths, and cleans surfaces thoroughly.

You should make us aware by calling the office on 01442 244484 or the Housing Officer on 07768 168397 if a tenant is self-isolating due to having the symptoms of Covid19.

Should you need to contact NHS 111, please do make them aware that you live in a shared house as this will be important in terms of the care advice, they provide you with.