



Coronavirus

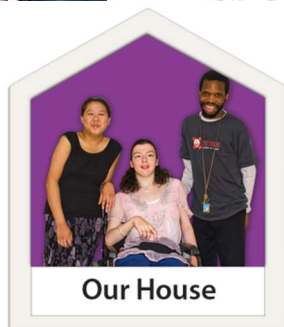
There has been a lot on the news about the Coronavirus, which is also called Covid-19.



The government has been asking people to make some changes to their activities in order to stop the spread of the virus.



The government and the news are full of jargon, this is a guide to help you decide what to **do**, and what to **avoid**.



If you live in a Care Home, Supported Living accommodation or have homecare there is special advice for the staff. They can find it on:

<https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance>



These changes may last for several months



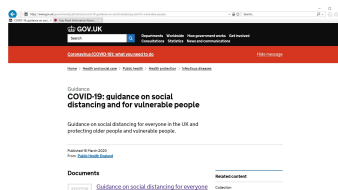
It is not forever.

Social Distancing and Self-Isolation



There is general information about coronavirus. You can find it on the same website that you found this. There is also advice on the Mencap website in Easy Read-

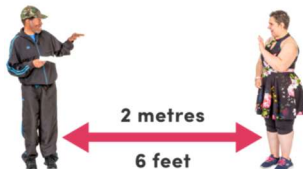
<https://www.mencap.org.uk/advice-and-support/health/coronavirus>



Public Health England's website is the best place to find correct advice. They update it regularly.

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Social distancing



EVERYONE has been told to keep more space between them and other people, as it makes it harder for the Coronavirus to spread.

The Government calls this **Social Distancing**. This means that you should try not be close to someone else's body.



Try to avoid groups, when possible. If you live with other people, you do NOT have to move.

Social Distancing rules:



1. Avoid contact with someone who might be ill with coronavirus (usually this means they have a high temperature and/or a new cough).



A coronavirus cough usually means coughing a lot in one hour or 3 (or more) coughing episodes in 24 hours.



2. Avoid public transport when possible. If you have to travel, avoid busy times.

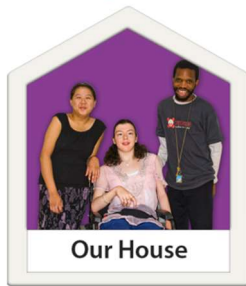
Social Distancing and Self-Isolation



Try not sit or stand close to other passengers



Walk, take your bike or go by car.



3. Work from home and stay at home, when possible.



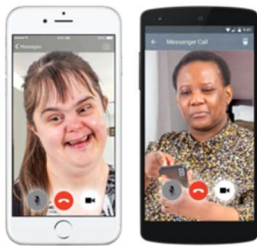
4. Avoid places with lots of people - this includes pubs, cinemas, restaurants, bars and bowling alleys.



5. Avoid visits with friends and family.



Social Distancing and Self-Isolation



Use phone calls, video calls and social media to keep in touch



The only people who should visit should be there to provide essential care (this means help like washing, dressing and cooking meals).

Care staff and health staff can visit. They are being asked to do extra things to keep the people they visit safe.

Emergency Contacts

1. _____

2. _____

3. _____

Care staff should tell you what will happen and who to call if they become sick.

Emergency Contacts

1. _____

2. _____

3. _____

Ask them to make a list of important numbers and emergency contacts



6. **Do not go to the GP, the hospital or other health settings.** Contact services by telephone or online.



Call 111 or go online <https://111.nhs.uk/> for health advice.



Corona Virus - What to do



Everyone is being asked to:

Wash your hands more often. Wash with soap for at least 20 seconds.

Do this-

- When coming in from outside
- after being on public transport or touching things outside
- before eating or drinking before touching your face
- After using the toilet



Clean objects and surfaces in your home that you touch a lot (like mobile phones, remote controls, counters, sinks).



Do NOT touch your face (nose, mouth or eyes) with unless you have clean hands.

Wash your hands after you touch your face. If you have a cough or cold.



Use a tissue to catch coughs and sneezes.

Throw the tissue out straight away. Wash your hands.

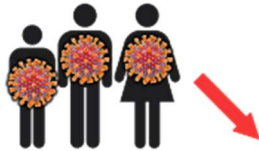


Do not sit, stand or lie near people who are sick.



Self-Isolation

This means not leaving your home.



Some people have been told to stay in their homes for 12 weeks.

This is done as a **Precaution**- this means keeping away from other people so they won't catch the corona virus.

People whose health or age may make it easier for them to get sick and longer to get better have been told to Self-Isolate for 12 weeks.



These people include:

- People over 70 years old



- Pregnant women



- If you have the following Conditions:

- Chronic* **heart condition**
- Chronic **liver disease** (like Hepatitis)
- Chronic **kidney disease**
- **Respiratory disease** (breathing conditions, like Asthma or COPD)
- **Diabetes**
- A **weakened immune system**- this means your body has a hard time fighting colds, flus and infections (Sometimes this is caused by HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy)





- Chronic **neurological conditions** (such as Parkinson's disease, motor neuron disease, multiple sclerosis [MS], a learning disability or cerebral palsy)
- Problems with your **spleen** (sickle cell disease) or you do not have a spleen
- Are **seriously overweight** (a body mass index (BMI) of 40 or above)

*Chronic means the health problem is bad, and is a regular problem for you



Your GP would have already told you that you have the conditions above. They should be in your **Health Action Plan**.

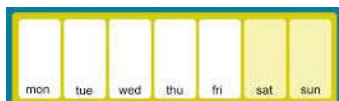


Some people are at higher risk than the groups listed on the previous page. Public Health England will contact each person directly for this higher risk group.

Self-Isolation if you are unwell



If you have a new cough or a high temperature, you may have the corona virus



If you have the corona virus you need stay at home for 7 days if you live alone



You need to do this for 14 days if you live with other people who are sick with the corona virus (all of you need to stay at home for 14 days; if you are told to stay in an extra 7 days you will need to do so)



How can I get food and medicine if I am self-isolating?



Ask family, friends and neighbours to help.
Order food and medicine online if you can



When you get a delivery, they should leave it outside your door



Social Distancing and Self-Isolation



If you have Care Staff, Health Staff or a Social Worker tell them what you need to look after yourself



Care staff should keep offering you support



If you don't have support, contact Newham Council on 020 8430 2000. Use extension 2 for Adult Social Care



Try not to go out at all. Even for to buy groceries. Ask others to do this if you can



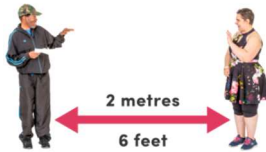
Ask for help if you need someone to walk your dog



Keep away from older or vulnerable people



If you live with older or vulnerable people:



Do not sit, stand or lie near them.



If you share a bathroom, clean it after each use.

Social distancing and self-isolation can be boring and make you feel lonely.



Here are some ideas of how to avoid a low mood and loneliness:

1. Keep Active



There are websites that can give you ideas about exercising at home. Such as-
<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>



Go onto a web browser or YouTube and look up "fitness class" or "yoga" classes.



Go onto a web browser or YouTube and look up "dance class".

Social Distancing and Self-Isolation



Spend time in your garden or outside space (if you have one).



2. Keep Connected.

Use social media to video call other people, e.g. FaceTime, Skype, WhatsApp.



Have your own Goggle box with friends (sit down and watch the same TV programme or film together while you talk on the phone)



Have a routine or make appointments to keep in Keep connected touch with other people



3. Keep busy

Do things that you enjoy, like reading, cooking, listening to the radio or watching TV



Do some arts and crafts



Give your home a 'spring clean'



Find new interests on web browsers, app stores or podcasts. You can learn and keep your mind busy.

Social Distancing and Self-Isolation



If you like art- look at the Google Art app or online galleries.

If you are feeling down, go onto a web browser and look up “good news stories”.



Play games or video games; play online with someone else if you can.



4. Eat well

Eat healthy meals.

Drink enough water or clear liquids.



Try to drink less than 3 drinks with caffeine each day (tea, coffee or cola).



Try to avoid smoking, alcohol and drugs

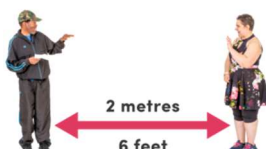


5. Get fresh air and sunlight.

Try to keep your windows open to let fresh air in.



Let sunlight in, if you have a garden go into it every day.



If you are Social Distancing, you can walk outdoors, but stay 2 metres from others. This is about **three steps** away from the other person.

Social Distancing and Self-Isolation



6. Keep yourself clean and keep self-care routines.



It is good for your health and your mood to keep clean.



You should brush your teeth twice a day.



Bathe or shower as much as you usually would.

Tell other people if you feel scared or sad. Call a helpline if you need someone to talk to.



Here is a link for Helplines recommended by the NHS:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



Mencap has a helpline for people who have a learning disability 0808 808 1111 (Monday to Friday, 9am to 5pm)



Make a plan for the time that you need to stay at home.

Social Distancing and Self-Isolation



Have a plan about what you do if you become very sick



7. This is hard for everyone. You are not alone.