

Covid-19

Stay at Home. Protect the NHS. Save Lives

Advice for Residents if one person shows signs of Corona Virus

We want to remind you that the Government has said that until further notice everyone is to **stay at home** and not go out of the house other than to buy food or for a walk or run for exercise.

Meeting friends who do not live with you is not allowed. All Mosques and churches and other places of worship are closed. Parks and drop-ins are closed. If you get your food from a drop-in then call them for advice on how to get your food.

When you are out of the house **keep two metres apart** from other people, do not shake hands if you meet someone.

When you return home **wash your hands** in hot water with soap.

Remember to avoid contact with everyone apart from the people who live in your house.

If you follow this advice it will save lives.

If you think that you are ill with Corona Virus then do the following

Firstly, **Ring NHS 111** -and ask for interpreter. Calls to 111 are free. Carefully explain your symptoms and listen to their advice.

Then ring the office/contact number for your housing provider (The charity that is housing you).

Ring the other residents (the people that you live with) in your house to let them know that you are unwell with suspected Corona Virus.

All residents at the house including the infected person MUST self-isolate and not leave the house for 14 days.

The infected person should stay in their bedroom as much as possible. Please can other residents regularly offer them drinks (but knock and then leave the drinks outside the room).

If your house has more than one bathroom /toilet one should be for the use of the infected person only.

If your house has one bathroom / toilet, this should be cleaned after every use by the infected person (taps, doors/door handles and toilet handle in particular) with anti-bacterial spray or wipes. If these are not available, then use any cleaning product.

Any tissues used must be kept in a bin liner in the bedroom of the infected person and this bin liner should be closed before disposing in the outside bin.

Anyone else handling bin liners with infected tissues must do so with gloves on.

Kitchens. If possible, other residents should prepare food and leave it outside the bedroom door of the infected person. If this is not possible, kitchens should be cleaned after the infected person has used them: work surfaces, taps, doors, cupboards and drawer handles. Kettles, toasters and electrical switches should be switched off and then carefully wiped with anti-bacterial spray on kitchen roll or anti-bacterial wipes. Infected person should have their own plates, knives, forks, cups, spoons, glasses and all cooking equipment should be carefully washed in hot, soapy water using gloves and then rinse in clean water. Items should be dried using either kitchen roll or left to air dry in the drainer, which also must be cleaned down with spray after each use.

If you follow this advice you will help stop the spread of the virus and save the lives of vulnerable people.

Thank you for following this advice.

Supporting the social and economic inclusion of vulnerable migrants

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