Coronavirus (Covid19) Guidance

ENGLISH

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

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

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- to shop for basic essentials – only when you really need to
- to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary

If you have:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

you should stay at home and follow the isolation guidance for households with possible coronavirus infection.

Gatherings of more than two people in public – including religious gatherings (except for funerals) – are banned. It is important that you follow this guidance, you could be fined if you do not.

The police, immigration officers, and the army may play a role in enforcing public health measures, as well as ensuring food and other essentials are delivered to vulnerable people.

Due to the coronavirus, the requirement for reporting as a condition of immigration bail has been temporarily suspended. You will receive an SMS text message with details of your next reporting date. For more information on changes to the asylum system, see here: https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/

Who's at high risk from coronavirus

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

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

If you think you fall into one of these high risk categories and you have not received a letter from your healthcare team by Sunday 29 March 2020 or been contacted by your GP (doctor), you should discuss your concerns with your GP (doctor) or hospital clinician. If you don't have a GP, contact DOTW UK for support: **0808 1647 686** (this is a free number to call) or email clinic@doctorsoftheworld.org.uk

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, you can register to get coronavirus support.

You are strongly advised to stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks from the day you receive your letter.

Read the full advice on protecting yourself if you're at high risk from coronavirus on GOV.UK.

Isolation guidance for households with possible coronavirus infection

Do not go to work, school, GP surgeries, pharmacy or hospital	Use separate facilities, or clean between use	Avoid close contact with other people
Have food & medication delivered to you	Do not have visitors	Sleep alone, if possible
Regularly wash your hands	Drink plenty of water	Take paracetamol to help with your symptoms

For more information see: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance

How long to follow the isolation guidance?

- Anyone with symptoms should stay at home and isolate for at least 7 days.

- If you live with other people, they should stay at home and isolate for at least 14 days, to avoid spreading the infection outside the home.

- But, if anyone in your home gets symptoms, they should stay at home and isolate for 7 days from the day their symptoms start. Even if it means they're at home for longer than 14 days.

- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

- If you have to stay at home together, try to keep away from each other as much as possible.

When should I contact NHS 111?

- you feel so ill that you can't do anything you usually would, such as watch TV, use your phone, read or get out of bed
- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

How do I contact NHS 111?

You can use the NHS 111 online coronavirus service to find out what to do next. If you cannot access online services you can call 111 (this is a free number to call). You can ask for an interpreter in your language.

What will happen if I'm worried about my immigration situation?

All NHS services for coronavirus are free for everyone regardless of their immigration status in the UK. This includes coronavirus testing and treatment, even if the result is negative. NHS hospitals have been advised that no immigration checks are required for people receiving testing or treatment for coronavirus.

What can I do to help stop Coronavirus spreading?

- Make sure you wash your hands frequently, using soap and water, for at least 20 seconds

- Follow advice about staying at home

This advice is based on NHS health advice and information and it is an advice for everyone in the UK, regardless of country of origin. For more information:

- NHS Guidance: https://www.nhs.uk/conditions/coronavirus-covid-19/
- WHO guidance: https://www.who.int/news-room/q-a-detail/q-a-coronaviruses

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