# A picture containing drawing  Description automatically generatedCoronavirus offline information and activity pack

## Update June 2020

The Coronavirus pandemic is ongoing, but safety measures have recently changed. We have updated this information pack to include the latest government advice on how to stay safe and avoid spreading COVID-19.

This pack provides information, tips and activities on dealing with the impact of COVID-19 (the Coronavirus) without using the internet (much). It includes:

* **Information on COVID-19**: symptoms, how to prevent it spreading and what it means to practice social distancing and self-isolation
* **Help with food/essentials**: where to go if you are struggling to get essentials for your household
* **Help with benefits and income**: information on the support available if COVID-19 is affecting your job, income or benefit claim

The information included in this pack is accurate at the time of writing (June 2020). Hpwever, government advice is changing regularly. For the latest information and advice, go to **www.gov.uk** or **www.nhs.uk/conditions/coronavirus-covid-19**

# Information on COVID-19

**This advice has been compiled from Public Health England.** It includes:

* Signs and Symptoms of COVID-19
* How COVID-19 is spread
* Preventing Spread of COVID-19
* What is social distancing?
* What is self-isolation and why is it important?

## Signs and Symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19:

* a cough
* difficulty in breathing
* a fever or high temperature
* loss or change to sense of smell or taste

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

**Stay at Home if you have Coronavirus Symptoms**

Stay at home for **7 days** 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
* a change or loss of normal sense of smell or taste

If you live with someone who has these symptoms, they need to stay at home for 7 days and you need to stay at home for 14 days. Also, consider letting people you have been in close contact within the last 48hours to let them know you have symptoms.

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you’re staying at home.

**If you are worried about your symptoms or those of a child or young person, please call NHS 111. Do not go directly to your GP or other healthcare environment.**

You can ask for a Coronavirus test if you have symptoms. You should do this within 5 days of developing symptoms. Find out more at: [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)

More information on the Coronavirus can be found at **www.nhs.uk**

## How COVID-19 is Spread

There are 2 main routes by which people can spread COVID-19:

* infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs. This is the most likely method of transmission.
* it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated, and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)

## Preventing Spread of COVID-19

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

To help prevent the spread of COVID-19, you should:

* practice social distancing and avoid being within 2 metres of people you do not live with (or who aren’t in your ‘support bubble’, if you live alone)
* not go inside other people’s houses (unless they are in your ‘support bubble’, if you live alone). You can meet other people but should only do this outside (e.g. at a park or in a garden) and stay 2 metres away from them at all times
* wash your hands often with soap and water for at least 20 seconds (sing happy birthday while washing to know you’ve done it long enough) - or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after using public transport and when you return home
* wear a face mask on public transport and when you go to shops or other places where social distancing may be difficult
* cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
* avoid touching your eyes, nose, and mouth with unwashed hands
* avoid close contact with people who are unwell
* stay at home completely if you feel unwell and do not attend youth services

[](https://www.leicestershirecares.co.uk/uploads/images/Wash_your_hands.max-1200x1200.jpg)

All those attending youth services should wash their hands:

* before leaving home
* on arrival
* after using the toilet
* after breaks and shared / sporting activities
* before food preparation
* before eating any food, including snacks
* before leaving the service

## What is social distancing?

“Social distancing” means taking steps to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

You should:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature, a new and continuous cough and/or a change or loss of sense of smell or taste
2. Stay 2 metres away from people you do not live with when you are out of the house
3. Avoid non-essential use of public transport when possible
4. Work from home, where possible. Your employer should support you to do this.
5. Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
6. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
7. Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as possible.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

* are over 70
* have an underlying health condition
* are pregnant

This advice is likely to be in place for some weeks. For up-to-date information please see **www.gov.uk**

## What is self-isolation and why is it important?

Self-isolation is about protecting others and slowing down the spread of COVID-19. It means staying at home and limiting the number of people you come into contact with.

You should self-isolate if:

* you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
* you're waiting for a coronavirus test result
* you've tested positive for coronavirus – this means you have coronavirus
* you live with someone who has symptoms, is waiting for a test result or has tested positive
* someone in your ‘support bubble’ has symptoms, is waiting for a test result or has tested positive

if you have Coronavirus symptoms, you should self-isolate for at least 7 days, and until your symptoms end. If you live with someone who develops Coronavirus symptoms, or someone in your support bubble develops Coronavirus symptoms, you should self-isolate for 14 days.

It is very important that anyone who has the virus, or might have been exposed to it, **limits the number of people they come into contact with**. This is the most effective way of preventing the coronavirus from spreading. Consider letting people you have been in close contact within the last 48hours to let them know you have symptoms.

If you work and need to self-isolate, you can get an isolation note to give to your employer at **111.nhs.uk/isolation-note**

Self-isolation may seem tricky at first, but across the country, hundreds of people have already successfully done it. All the instructions you need to follow are available here: **www.nhs.uk/conditions/coronavirus-covid-19** and the tips below should help to make things easier.

For more information about the following check out **publichealthmatters.blog.gov.uk:**

* Who needs to self-isolate?
* What does self-isolating mean?
* What if I get symptoms/what if my condition changes?
* How do I get food or supplies?
* I live with other people, how do I self-isolate?
* I am finding this hard, what should I do?

## What is ‘shielding’?

If you are at higher risk from Coronavirus, you can take extra steps to stay safe. This is known as ‘shielding’.

If you need to shield, you should have received a letter from the NHS in April to say that you are at high risk.

If you need to shield, you should:

* Only go out once a day and stay outside, e.g. go for a walk
* Stay at least 2 metres away from people when you are outside
* Get food and other essentials delivered to your home
* Make sure you and anyone who comes into your home wash hands regularly for at least 20 seconds
* Not have visitors, even friends and family, unless they are providing essential care

For more information, visit: **www.nhs.uk/conditions/coronavirus-covid-19**

## What is a ‘support bubble’?

If you live on your own, or are a single parent with children aged under 18, you can choose one other household to act as your support bubble. This means you can visit them in their own home and stay with them, if needed.

If anyone in your support bubble develops Coronavirus symptoms, you will need to self-isolate for 14 days.

# Help with food/essentials

Please find below a list of useful resources that have been shared for individuals to have access to during this challenging time.

If anyone is in need of **food packages/baby milk/nappies** please contact the relevant people/organisations below:

* **Peace Centre Food Bank** - Mohammed Lockhat – 0799 927 1536
* **St Matthews** - Simon Johnson/ Barbara - Barbara.stmatthewsbiglocal@gmail.com
* **Beaumont Leys** - Christ the King Church
* **E2 online** - Emergency food delivery service for people self-isolated or suffering from Coronavirus (5 days per week) Foodbank service (1 day per week) Food pantry service (1 day per week

There are lots of mutual aid groups being set up on Facebook too. Search for ‘**Leicester Covid-19 Mutual Aid Group’** on Facebook and ask for help if you need it.

# COVID-19 is impacting on my job/income

Some businesses have now reopened, and many people have returned to work. However, lots of pubs, restaurants and other businesses are still closed and many people are still on furlough (this means their employers does not have work for them but they are being paid through the government’s job retention scheme).

You might be worried about being able to continue working or accessing benefits if you can’t work. The government has announced new plans to make it easier for people to claim sick pay and get benefits, and there’s lots of good advice online.

For the most up-to-date information and advice on work and financial support during the pandemic, visit **www.gov.uk/coronavirus/worker-support**

## What about my job?[[1]](#footnote-1)

The government will pay the wages of employees unable to work due to the coronavirus pandemic.

It will pay 80% of salary for staff who are kept on by their employer, covering wages of up to £2,500 a month. However not all companies will be included in this deal.

Speak to your employer to find out if you can access this help.

If you will not continue to be paid or your hours will be reduced, you can sign up for Universal Credit until you are able to return to work.

If you are self-employed, you might be able to claim a grant from the government. Go to **www.gov.uk** and search ‘Self-Employment Income Support Scheme’ for more information**.**

## How do I stay safe at work?

Lots of businesses have now reopened, or never closed during the pandemic. Your employer should take steps to maximise your safety at work. These include:

**1. Carrying out a COVID-19 risk assessment -** Your employer should look at all the risks to staff and customers/service users and write down how they will reduce these. This risk assessment should be shared with employees.

**2. Developing cleaning, handwashing and hygiene procedures** – Your employer should encourage staff to wash their hands regularly and provide hand sanitiser. They should also ensure that surfaces are cleaned regularly.

**3. Helping people to work from home** – Your employer should still support you to work from home wherever possible.

**4. Maintaining 2m social distancing, where possible** – Your employer should arrange your workplace and put up signs to help staff stay 2m away from each other and customers/service users wherever possible.

**5. Where people cannot be 2m apart, manage transmission risk** – For example, by reducing contact time, using screens/barriers, and staggering shifts/time in the workplace.

You should also make sure you travel to work as safely as possible. If you have to use public transport, wear a face mask and wash your hands as soon as you can afterwards (use hand sanitiser if possible in the meantime).

## Employment and financial uncertainty[[2]](#footnote-2)

Usually, you have to be off work for longer than 4 days to get sick pay but, to make sure people stay home if they are feeling unwell, most people should be able to get statutory sick pay from the first day they have to stay home. If you're an apprentice, you should get sick pay the same way all other employees at the company do. If you are on a zero hours contract, you will have to find out from your employer if you get any sick pay.

## Changes to jobcentre appointments[[3]](#footnote-3)

You do not need to attend any Jobcentre Plus appointments or health assessments in person during the coronavirus (COVID-19) outbreak.

People will continue to receive their benefits as normal, but you do not need to attend the jobcentre in person.

People can still make applications for benefits online.

Jobcentres remain open, and will continue to support people who are not able to use phones and online, including homeless people.

## For people already claiming support

You will continue to receive your benefit payments without having to attend appointments or assessments in person.

However, you must tell the Jobcentre about any changes in your circumstances (e.g. if you start/leave work or change your working hours). For more information visit **www.gov.uk/report-benefits-change-circumstances**

## For people who need to make a new benefits claim

The government understands people who are required to stay at home or are infected by coronavirus may need financial support, and quickly.

* Those affected by coronavirus will be able to apply for Universal Credit and could receive up to a month’s advance up front without physically attending a jobcentre
* The 7 waiting days for ESA for new claimants will not apply if they are suffering from coronavirus or are required to stay at home – so it will be payable from day one

## Opportunities

The Covid-19 pandemic has resulted in an unprecedented increase in demand for food and household products, which has led to supermarkets such as Tesco, Asda, Aldi and Lidl looking to recruit more staff. If you are able to work, you can look on their websites for vacancies.

1. This information comes from BECOME. [↑](#footnote-ref-1)
2. This information comes from UK Youth. [↑](#footnote-ref-2)
3. The rest of the information in this section is from gov.uk. [↑](#footnote-ref-3)