

# Easy read guide to COVID—19 (Coronavirus)



**Latest Guidance 6th January 2021**

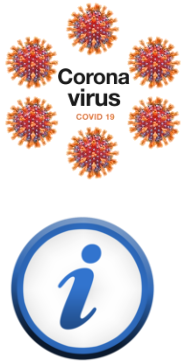
**An information guide for people  
with learning disabilities  
in West Sussex**

Adapted with kind permission from  
East Sussex County Council





# How to use this booklet



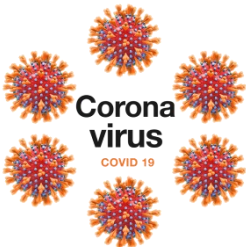
This guide will tell you about the latest government updates and rules about **COVID—19 (Coronavirus)**

It also has information about looking after yourself and how to get support



If you need help to read this you could ask

- someone in your family or a friend
- a support worker
- a carer



## You can use this guide to

- help you to understand the new Coronavirus government updates and rules



We know that some of the information and updates can be confusing and hard to understand






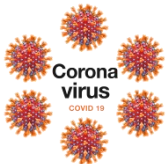




In this booklet, we have tried to make these rules easier to read and understand



You can write down any important information that you want to remember (there is a page for your notes at the end of this booklet)



# What is in this Booklet?

		Page Nos
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	<b>Lockdown from 6th January</b>	<b>5</b>
	<b>New rules</b> <b>Face coverings</b>	<b>5 and 6</b>
	<b>Coronavirus symptoms, what to do and self isolation</b>	<b>7 and 8</b>
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# Coronavirus Reminders and new rules



There are **very important reminders** from the Government.

- **Wash hands**

Keep washing your hands regularly

- **Cover face**

Wear a face covering in enclosed spaces

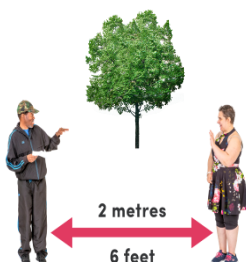
- **Make space**

**You must** stay a **safe distance (this means 2 metres or 6 feet away)** from people you do not live with - or 1 metre with a face covering



You **must wear a face covering** whenever you are indoors in a public place near people you do not live with.

**You can be fined £200** if you break this law.



**You must** stay a **safe distance (this means 2 metres or 6 feet away)** from people you do not live with



# Coronavirus Reminders and new rules



6th January we will all be in a National Lockdown.

The new rules say we **MUST** stay at home except where we have a 'reasonable excuse.'



Lockdown rules are you must not leave your home unless:

- ♦ It is to buy food or medicines
- ♦ to exercise
- ♦ For a medical reason
- ♦ To go to work when you can't work from home
- ♦ Meet your support bubble



Only essential shops will be open.

Hairdressers, pubs, theatres will be closed.

If you have to leave home you should stay local.

If you are clinically vulnerable you should only go out for medical appointments or exercise.



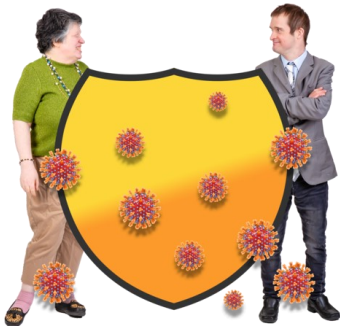


# Coronavirus New Rules



A support bubble is the people you live with. If you live alone you can see 1 other person who doesn't live with you.

You should try and stay 2 metres apart from people you do not live with.



If you are clinically vulnerable you should stay at home as much as possible.

This is people that have serious health conditions.



Some people do not have to wear face coverings because of a disability or if it may cause severe distress.

You do not have to prove to anyone that you do not have to wear a face covering.



If you would feel happier to show a card there are some on the Gov.uk website which you can print out.



[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/903454/Exemption from face covering card to print.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/903454/Exemption_from_face_covering_card_to_print.pdf)



# Coronavirus Reminders

	<p><b>The main symptoms of coronavirus</b> are -</p> <ul style="list-style-type: none"> <li>• A high temperature—feeling very hot</li> <li>• Coughing a lot more than you usually do</li> <li>• Not being able to smell or taste things properly</li> </ul>
	<p>If you have any of these symptoms you should <b>self isolate for 10 days</b> and <b>phone 119</b> to book a test. You can ask family, a friend or support staff to help you.</p> <p><b>In an emergency call 999</b></p>
	<p><b>Self isolation means</b> that you should</p> <ul style="list-style-type: none"> <li>• <b>stay indoors all the time</b></li> <li>• <b>Ask someone</b> to do your shopping</li> <li>• <b>Tell people</b> not to come into your house or room—except carers</li> <li>• Keep toilets, bathrooms and towels clean</li> <li>• <b>Wash your hands a lot</b></li> </ul>

# Coronavirus Reminders



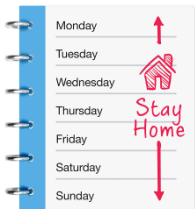
You **do not** have to pay for a test



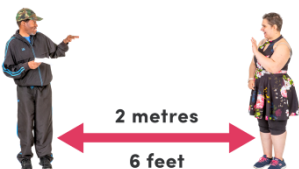
You and anyone you live with **must stay at home until you get your test result**



If your test is **negative** it means you can stop self isolating **if** you are feeling better **and** no one else in your house has symptoms of coronavirus

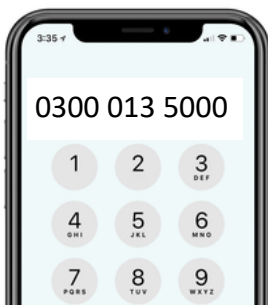


If your test is **positive** you must **self isolate** for **10 days**



If you have a **positive test result** someone from the NHS will phone or text you to ask if you have been in close contact with anyone

**Close contact** is someone you have been with for **more than 15 minutes** and **less than 6 feet away from**



The NHS will call from this number only 0300 013 5000. **Not** a withheld number.

**They will** give you an ID number to log in to the NHS Test and Trace website.



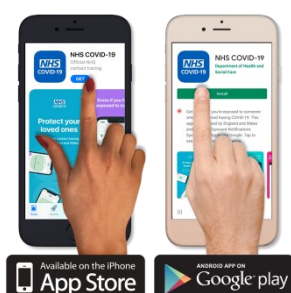


# Coronavirus New Guidance



## NHS Test and Trace

This is a new service which helps to stop more people catching coronavirus



You can download the NHS Covid-19 app from the App Store or Google Play on your mobile phone.



You will need to turn on your phone's Bluetooth. You could ask a carer, family member or support staff to help with this.



In restaurants, cafes and pubs there should be a poster with a Covid-QR code on.



You need to open the Covid-19 app and press on **venue check-in**. A tick will appear to show your visit has been recorded.



Your phone will then let NHS Test and Trace staff know if you have been near to someone who tests positive soon after this.



# Coronavirus New Guidance



If you have been near someone who has tested positive for coronavirus you will receive an alert from the NHS

Self-isolate for 14 days

I understand



The NHS will tell you that you need to **self isolate for 10 days.**

You need to do this **even if you feel well.**

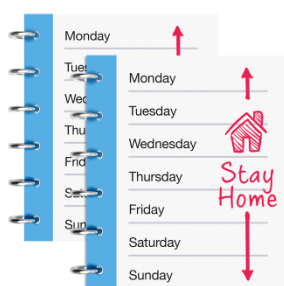
This is **law** and you can be **fined £1,000** if you do not self isolate when asked to by the NHS.



If you have been told to self isolate by the NHS and you get symptoms after this you must book a test by calling 119.

You **do not** have to pay for a test

If the test is **positive** you must stay at home for at least 10 days



Even if the test is **negative** you will need to stay at home **until the end of the 10 days.**

This is because you might not have enough of the virus in your body when you did the test to give a positive result



# Coronavirus Update

## Support



If you are concerned or worried, you should speak to your support staff or someone that you trust

If this does not help and you are concerned about your mental health, you or your supporter can contact social services.



You can contact the Duty Team in Lifelong Services.

If you **do not** have a social worker and need advice you can contact:

**Adults CarePoint on 01243 642121**



**Or Email:** [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)



The **Community Hub** has been set-up to help with Covid-19. The phonenumber is open every day from 8am—8pm

Phone: 033 022 27980

You can ask for help because of Covid-19, for example, with getting food or medicine.



## Other important information



### Annual Health Checks

You can still have an annual health check each year.

You need to contact your doctor's surgery to make an appointment.



### Flu Vaccination (Sometimes called **flu jab**)

This protects you against flu which is a serious chest infection.

This is not for coronavirus which does not have a vaccine yet.

Every person with a learning disability **and** their carers should have a flu vaccination.

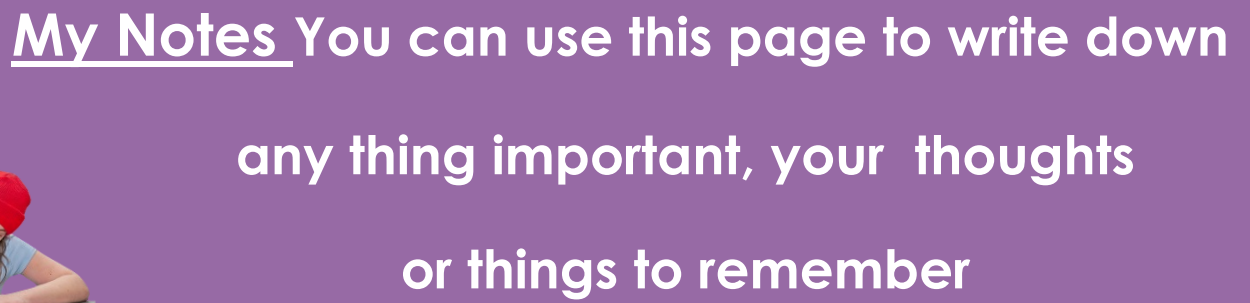
### Covid-19 Vaccine

Your GP will let you know when you can get the new vaccine. You have to wait to be told its your turn.



If you have not been sent an appointment you should contact your doctor's surgery.

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