

Coronavirus (COVID-19) Guidance

ENGLISH

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.



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What is Coronavirus (COVID-19) and how to stay safe?

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

You can stay safe by reducing your physical contact with people you do not live with, and by following essential hygiene measures as much as possible 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.

- **Meeting family and friends:**

You should always maintain physical distancing with people you do not live with – indoors and outdoors – by keeping a minimum of 2 meters apart.

In **England**, you can meet indoors with members of one other household and outdoors with up to six people from different households.

In **Scotland**, you can meet outdoors only with up to two other households with a maximum number of 8 people at a time.

In **Wales**, you must stay local (within 5 miles from where you live) but you can meet up outdoors with one other household at a time.

In **Northern Ireland**, you can meet indoors with up to six people and outdoors with up to 30 people.

In **England, Scotland and Northern Ireland**, adults living alone or with children under 18 can choose one other household to spend time together inside each other's' homes without maintaining the 2 meters distance.

- **Using public transport:**

You should avoid using public transport as much as possible and try to cycle, walk or drive instead. If you need to use public transport, try to avoid peak times and maintain physical distancing. In **England and Scotland**, you must wear a face covering in public transport. In **Wales and Northern Ireland**, wearing a face covering is recommended but not mandatory.

- **Visiting places of worship:**

You can only visit places of worship for an individual prayer, to volunteer in community services and to attend funerals.

- **Continuing to work:**

You should continue to work from home if you can. If you need to go to work, you should first check that you and members of your household do not have symptoms. If none has symptoms, you can go to work provided you maintain physical distance of 2 meters and frequent hand washing or sanitizing.

You can check with your employer for safety measures and the availability of personal protective equipment in your workplace.

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:



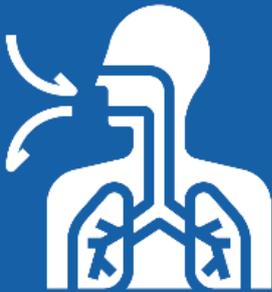
have had an organ transplant



are having certain types of cancer treatment



have blood or bone marrow cancer, such as leukaemia



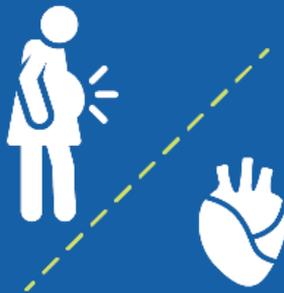
have a severe lung condition, such as cystic fibrosis or severe asthma



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 (family doctor), you should discuss your concerns with your GP (family doctor) or hospital clinician. If you don't have one, 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 specific things that you must do to protect yourself and the community. As the infection rate in the community is now lower than before, the guidance to shielding has changed.

	England	Scotland	Wales	Northern Ireland
Do you need to keep 2 meters physical distance with people you live with?	No	Yes	Yes	No
Can you go out to exercise?	Yes with strict 2 meters physical distance	Yes with strict 2 meters physical distance	Yes with strict 2 meters physical distance	Yes with strict 2 meters physical distance
Can you meet people outside your household?	Yes, up to six people outdoors with strict 2 meters physical distance	No	Yes, with one other household locally outdoors with strict 2 meters physical distance	Yes, up to six people outdoors with strict 2 meters physical distance
If you live alone or with children under 18. can you meet with other people indoors?	If you are an adult living alone or with children under 18, you can choose one other household to spend time together inside each other's' homes without physical distance	No	No	If you are an adult living alone or with children under 18 , you can choose one other household to spend time together inside each other's' homes without physical distance
How to register for Coronavirus support (to get deliveries of essential supplies)?	https://www.gov.uk/coronavirus-extremely-vulnerable	call 0800 111 4000	you should have contact details in your shielding letter	https://www.adviceni.net/eform/submit/covid-support-referral

Read the full advice on protecting yourself if you're at high risk from COVID-19 on GOV.UK: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

What to do if you have symptoms?

If you have:

- a high temperature – you feel hot to touch on your chest or back, or
- a new, continuous cough – this means you've started coughing repeatedly, or
- a loss of, or change in, your normal sense of taste or smell (anosmia) - if you cannot smell or taste anything, or things smell or taste different to normal

You must follow these steps as soon as possible:

Self-isolate: stay at home for at least 7 days and follow the [isolation guidance for households with possible coronavirus infection](#). Anyone else in your household or who had close contact with you must self-isolate for 14 days.

Get tested for Coronavirus within the first five days of having symptoms:

Anyone in **England, Wales** and **Northern Ireland**, and anyone aged 5 or over in **Scotland** can be tested for free if they have symptoms to find out if they have the virus. There are 2 ways to get tested. You can either get the test delivered to where you live, or you can go to a test site. You will receive your test results via text message, email or phone call.

To book a test or to order it online visit <https://www.nhs.uk/ask-for-a-coronavirus-test>

If you do not have online access, call 119 in **England, Wales** and **Northern Ireland** or 0800 028 2816 in **Scotland**.

If the test result is positive: you must complete the remainder of your seven-day self-isolation, and everyone in your household or who had close contact with you must continue the remainder of their 14 days self-isolation.

The tracing service in your area will contact you asking for your help to stop further spread of the virus. They will ask you where you have been recently and who you have been in close contact with. This is essential to identify who needs to self-isolate and stay at home for 7 days or more.

If the test result is negative: you can stop self-isolating if you are feeling well and do not have symptoms anymore. Other members of your household or who have close contact with you can also stop self-isolating.

It is important that you follow this guidance, you could be fined if you do not.

The police 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.

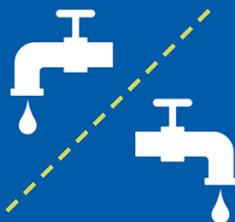
Due to (COVID-19), the requirement for reporting as a condition of immigration bail has been temporarily suspended. You will receive an SMS text message with details of your next reporting date. For more information on changes to the asylum system, click here:

<https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/>

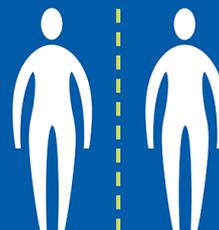
Isolation guidance for households with possible coronavirus infection



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



Follow the guidance on visitors



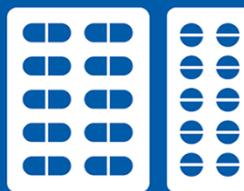
Sleep alone, if possible



Regularly wash your hands



Drink plenty of water



Take paracetamol to help with your symptoms

Ask for a coronavirus test as soon as you have symptoms (you should get the test done in the first 5 days): <https://www.nhs.uk/ask-for-a-coronavirus-test>. You would need to give your contact details and have a functional mobile phone to receive test results as a text message.

Find out more at: <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.

When to 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 to contact NHS 111?

You can use the NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19>) 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 get an interpreter in your language by repeatedly answering “**yes**” to all questions.

What to do if worried about your immigration situation?

Overseas visitors to **England**, including anyone living in the UK without permission, will **not** be charged for:

- testing for coronavirus (even if the test shows you do not have coronavirus)
- treatment for coronavirus – but if you start treatment and a test then shows you do not have coronavirus, you may be charged for any treatment you have after getting the test result
- treatment of children who develop multisystem inflammatory syndrome

No immigration checks are needed if you only have testing or treatment for COVID-19.

What to 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 alert and safe
- Depending on where you live, follow the advice on face covering and keep 2 meters physical distance from people who you do not live with.

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>