

## Updated Information about COVID-19 – Novel Coronavirus (12th May 2020)

Refreshed 12<sup>th</sup> May 2020

### *Current situation*

On 11th May 2020, the government published a [new plan](#) setting out the way in which a cautious approach would be taken to restarting certain activities in England over a period of weeks/months in the next phase of the COVID epidemic.

It is clear that nationally, efforts to stay at home, and restrictions in face to face contact have been effective in starting to bring down the rate of infection of the virus. And these messages remain important as we move into the next phase. Non-essential shops and community spaces remain closed at this time.

The plan was published alongside a series of further guidance documents, which can also be found also on the main [gov.uk/coronavirus](http://gov.uk/coronavirus) link:

- [Guidance on staying safe outside your home](#)
- [Staying alert: Guidance on what you can and can't do](#)
- [Guidance for workplaces – how to make workplaces “COVID-19 secure”](#)
- Further guidance for workplaces includes:
  - [Guidance on social distancing in workplaces](#)
  - [How to perform a COVID-19 risk assessment](#)

Should markers of infection rates continue to reduce, it is proposed that there will be consideration of opening schools for certain year groups (Reception, Year 1 and Year 6), at the earliest on 1<sup>st</sup> June, with some shops potentially also being allowed to reopen. Opening of some hospitality venues may also start from July 2020. Importantly, restrictions may need to be put in place again should markers of infection rise.

In addition to the above, an excellent public health opportunity has been announced as part of a [large emergency active travel fund](#) that has now been made available for local authorities to reallocate road space for walking and cycling, with accompanying statutory guidance.

For national and local data regarding numbers of confirmed cases, please see [here](#) Public Health England's weekly surveillance reports are also published [here](#).

## Current Key Messages and local Public Health advice

(comes into effect Wed 13<sup>th</sup> May 2020)

- Stay at home and work from home if you can. If you are unable to work from home, ensure you only return to work once your employer has put in place government advised measures to ensure a safe workplace.
- Avoid public transport, and walk/cycle if and when they do need to go to work.
- From Wednesday, you will be able to exercise outdoors as often as you wish and play sports with members of the same household. Always stay 2m away from others.
- Other than for the above reasons, limit leaving the house except for certain essential activities (shopping for necessities, such as food or medicine), any medical need, or providing care to a vulnerable person.
- Follow current [national guidance](#) and stay at home as much as you can if you have a long term condition, are pregnant, or aged 70 or over. People who are “extremely vulnerable” and are currently shielding should continue following national guidance to protect them from infection. Advice [here](#)
- Self-isolate with those in your household if you develop COVID-19 symptoms (however mild). Advice [here](#) and [here](#). It is critical that you also access medical help you need for other reasons also, when you need it - by phoning your GP, or 999 in an emergency.
- Wash your hands regularly with soap and water and clean surfaces that are regularly touched with detergents and chlorine-based disinfectants (1000 ppm chlorine). Wash your clothes regularly.
- Check in on friends/neighbours/family who may be more vulnerable - stay in touch by phone or other digital media. Make sure they are able to keep in touch, and can access help if they need it
- Please see [advice regarding wearing cloth face coverings](#) in certain situations (enclosed space where social distancing isn't possible and where you will come into contact with people you do not normally meet). Rigorous hand washing before and after putting on face coverings, avoiding touching your face and appropriate washing of coverings is critical.

## *Mental Wellbeing*

There are many ways in which we can use technology to keep in touch with our family, friends and with people who might be more vulnerable/living alone. There are also many other ways in which we can look after our own wellbeing and that of others. A range of resources and guidance for maintaining and improving mental wellbeing can also be found at the links below:

- National guidance about how to support the mental wellbeing of [adults](#) and [children](#)
- Mental Health Foundation [guidance](#)
- Mental Health Services in [Coventry](#) and [Warwickshire](#)
- Sports England [guidance](#) about staying active
- Support services for people living with or caring for somebody with dementia in Coventry and [Warwickshire](#)
- Support for carers in [Coventry](#) and [Warwickshire](#)
- [Get involved](#) with a research study looking at the psychological and social experiences of adults during the current COVID epidemic

## *Key public facing advice and support for vulnerable groups*

Key links for public advice can be found [here](#) and [here](#).

The gov.uk website and translated guidance below will be in the process of being refreshed with new guidance shortly.

Please see [here](#) for national advice documents translated into a range of languages, courtesy of Doctors of the World. National guidance is also included on a daily basis on the Welcome to Coventry app. The app relates to Coventry, but the information about COVID-19 is based on national guidance, is updated daily, and the Browsealoud (orange button) can be used to translate it into multiple languages. See [here](#).

There is an easy read version of the main national advice regarding home isolation [here](#)

Support for people in the extremely vulnerable category (i.e. “shielding”) can be accessed in both Coventry and Warwickshire – please see:

<https://www.warwickshire.gov.uk/coronavirusvulnerable>

[https://www.coventry.gov.uk/info/1/council\\_and\\_democracy/3551/covid-19\\_coronavirus/8#1](https://www.coventry.gov.uk/info/1/council_and_democracy/3551/covid-19_coronavirus/8#1)

Please note that support and services available to people who might be vulnerable and staying at home due to coronavirus in Coventry and Warwickshire can be found here:

<https://apps.warwickshire.gov.uk/covid19directory>

[https://www.coventry.gov.uk/info/1/council\\_and\\_democracy/3551/covid-19\\_coronavirus/8#1](https://www.coventry.gov.uk/info/1/council_and_democracy/3551/covid-19_coronavirus/8#1)

Information and support for people who experience domestic violence can be found [here](#) (for Coventry) and [here](#) (for Warwickshire). The new Talk2someone website has just been launched in Warwickshire.

#### *Travel advice*

Travel advice is changing regularly as the situation changes internationally. The Foreign Office recommends against all non-essential travel worldwide - see [here](#). Further announcements will be made about self-isolation recommendations for returning travellers.

#### *Useful guidance, resources and communications materials,*

A list of national guidance is published [here](#), and this contains guidance for a range of partners/sectors.

An alternative way of accessing some of the key information and guidance can now be found [here](#).

Additional useful guidance can also be found elsewhere on the gov.uk website, and is listed below. **Some of the guidance below and campaign materials are in the process of being updated:**

[Social distancing guidance for workplaces](#)

[Guidance for the charity sector](#)

[Educational settings suite of guidance](#)

[Guidance for higher education providers](#)

[Social care action plan](#)

[Suite of adult social care guidance](#)

[Guidance for staff supporting adults with learning disabilities and autistic adults](#)

[Children's social care guidance](#)

[Guidance for staff looking after people who lack mental capacity](#)

[Guidance for drug and alcohol service commissioners](#)

[Guidance for consumers about Coronavirus and food](#)

[Hospital discharge guidance](#)

[Guidance \(including for parents\), about staying safe online](#)

[Safeguarding guidance for community volunteers](#)

The latest version of local guidance for domiciliary care/visiting staff can be found [here](#). Please always check here for the latest version – this guidance has had some minor revisions made, based on feedback received.

The West Midlands Strategic Migration Partnership have a website which bring together a range of resources relevant to refugee and migrant communities [here](#). The migrant health guide [here](#) has been updated to make it clear that no charge can be made to overseas visitors for testing/treatment of COVID (this goes for all communicable disease, sexual health services, and a range of other exemptions including primary care and emergency care, NHS111, with a range of further exemptions for vulnerable individuals. Please see [here](#))

The Coronavirus Emergency Measures Bill has been brought before parliament – a summary of the key impacts can be found [here](#)

Please see PHE advice against use of COVID rapid tests that are being marketed [here](#)

PHE have produced a “Finding the Evidence” collection of resources - [here](#)

Campaign materials are on the national campaign website [here](#).

The Children's commissioner has produced a [children's guide](#) to Coronavirus. This should be circulated alongside the [NHS handwashing video](#)

Some key comms messages related to Ramadan have been published [here](#). A new PHE blog about staying at home during Ramadan can be found [here](#) (leaflets in different languages available)

London School of Hygiene and Tropical Medicine has worked with Future Learn to develop a free to access [online learning programme](#) on COVID-19. Imperial College London have also developed an [online COVID course](#),