

Updated Information about COVID-19 – Novel Coronavirus (30th March 2020)

Changes from previous day in highlight

Current situation

The measures announced by the government on the 23rd March to intensify our efforts to stop “face to face” social contact remain in place. People are required to stay at home, except for certain essential activities. Non-essential shops and community spaces are closed, and gatherings of more than two people are not allowed – see [here](#). The relevant authorities and the police will be granted the powers to enforce these measures. This is critical for reducing spread and protecting the most vulnerable, and protecting the NHS.

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. New guidance has also been published about how to support the mental wellbeing of both adults and children during this time – [here](#) and [here](#). This complements Mental Health Foundation guidance that can be found [here](#). Guidance about how people can help friends and family safely can be found [here](#).

The key message for all of us is that by strictly following the below, we can reduce the spread of infection, serious illness and deaths:

- Stay at home, except for certain essential activities (shopping for necessities, such as food or medicine), one form of exercise per day, any medical need, or providing care to a vulnerable person, travel to and from work (but only when this is essential). See guidance [here](#) with some FAQs [here](#), and additional guidance regarding travel [here](#). If you are going out for essential purposes stay at least 2m away from anyone else. This requirement is even more critical for people with long term conditions, pregnant women and people over the age of 70.
- Support people who are extremely vulnerable to follow the new guidance to protect them from infection. Advice [here](#) (includes a new easy read guide)
- 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).

- **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.**

A range of non-essential shops and public spaces **have closed**. Guidance [here](#) and more detail [here](#). A letter has been written to hotels, hostels and B&Bs about an exemption for them to stay open to provide accommodation for key workers, and vulnerable groups [here](#). Gatherings of more than two people (unless in the same household), including weddings, baptisms, religious ceremonies, but excluding funerals (which can be attended by immediate family).

For national and local data regarding numbers of confirmed cases, please see [here](#)

Key public facing advice.

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

Please see [here](#) for national advice documents translated into a range of languages, courtesy of Doctors of the World. Please note that many of the guidelines below have also had translated version added on 20th March 2020. Further, national guidance is also included on a daily basis on the Welcome to Coventry app. Although the app relates to Coventry, 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 now also an easy read version of the main national advice regarding home isolation [here](#)

Travel advice

Travel advice is changing regularly as the situation changes internationally. The Foreign Office now recommend against all non-essential travel worldwide - see [here](#).

Useful guidance, resources and communications materials,

The national COVID-19 action plan can be found [here](#).

A list of all national guidance has also been published [here](#), and this contains guidance for a range of partners/sectors, including guidance for educational settings, adult social care settings, the transport sector, employers and businesses, hostels or day centres for people who are rough sleeping. This list also contains NHS guidance. New hospital discharge

guidance relevant to NHS and social care was published on 19th March 2020 and can be found [here](#). Linked with the employer/business guidance, a summary of support available for businesses and individuals can be found [here](#). New support available for self-employed people was announced on 26th March 2020.

A suite of guidance for educational settings has been published [here](#) (guidance regarding vulnerable children and young people was updated on 27th March 2020, and a new safeguarding document added). Some safeguarding guidance for community volunteers has been issued [here](#). An alternative way of accessing some of the key information and guidance can now be found [here](#) - including to information about employment and financial support, information for businesses and other details about how COVID-19 is affecting public services.

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](#)

A new Coronavirus Whatsapp Information Service has been launched allowing people to get answers to the most common questions about coronavirus direct from government. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word ‘hi’ in a WhatsApp message to get started.

New campaign materials for the Stay at Home Save lives campaign, along with other materials have now been uploaded to the national campaign site [here](#)

London School of Hygiene and Tropical Medicine has worked with Future Learn to develop a new free to access [online learning programme](#) on COVID-19

Imperial College London have just opened up a new [online COVID course](#),