



HOW TO KEEP YOU AND THOSE YOU LIVE WITH SAFE DURING THE COVID-19 PANDEMIC

COVID- 19 information
Keeping yourself and others safe



With the arrival of winter and an increase in the number of cases of coronavirus (COVID-19), it is more important than ever that we all take steps to reduce the spread of infection in the community to save lives and protect the NHS.



The information in this booklet will help provide you with guidance on how you and those you share a house with can **stay safe within your home**, including the steps you should take if someone tests positive for coronavirus or is displaying symptoms. There is also **guidance on support available** if you or someone you live with has to isolate as well as **details of services that can** help during this time.



Up to date **information about restrictions** to everyone living in Leeds is available at **www.leeds.gov.uk/coronavirus**.

OUT AND ABOUT

How to keep safe and protect others

- **HANDS** - wash them regularly and for 20 seconds.
- **FACE** coverings are now mandatory in most indoor spaces other than your own home, and unless you are medically exempt.
- **SPACE** - maintain physical distance from others.
- **Don't socialise in groups of more than 6 people and with other households** – with some exceptions including work and education. Fixed penalty notices start at £200 if you break this rule.
- Download the **NHS COVID-19 app**, it's the fastest way of knowing when you're at risk from coronavirus (COVID-19).



KNOW THE SYMPTOMS

- A **high temperature**
- A **new cough** where you keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day
- Losing or there being a change to your **sense of smell or taste**



HOW TO REDUCE THE RISK OF COVID CIRCULATING IN YOUR HOME

- Regularly clean** the bathroom and kitchen using household products like detergents and bleach.
- Clean things people touch the most:** taps, worktops, tables, backs of hard chairs, handles on doors/cupboards/kitchen appliances, light switches, handrails. **Phones will need to be wiped** and not sprayed.
- Do not shake dirty washing before putting it in the washing machine.
- Do not invite or allow social visitors to enter your home**, including friends and family.
- Wash your hands.**
- Cover coughs and sneezes.
- Clean your home** to reduce the spread of infection.
- Ventilate** indoor areas.



WHAT TO DO IF YOU OR SOMEONE YOU SHARE YOUR HOME WITH HAS CORONAVIRUS SYMPTOMS?

If you have **any coronavirus symptoms** you should **stay at home** for 10 days and **those you live with should isolate** for 14 days from the first day you felt poorly, **even if they feel well.**



Temperature



A new prolonged cough



Loss/changes in sense of smell or taste

You should book a test if you start to display symptoms call 119 or visit www.gov.uk/get-coronavirus-test.

If your test is positive, continue to self-isolate for 10 days from first symptoms and 14 days for others in your household, if your test is negative you and the others in your household do not need to isolate any longer.

You may be contacted and asked to self-isolate for 14 days if you have been in contact with someone outside your household who has tested positive. The rest of the household does not need to isolate unless you start to display symptoms or they have also been in contact.

Do not go to a GP surgery, pharmacy or hospital unless it is an emergency.

In an emergency, call 999 & inform the call handler about your potential exposure to COVID-19.

WHAT TO DO IF YOU TEST POSITIVE FOR CORONAVIRUS?

- To stop the spread of the virus, it is advised that **if you are positive, you should isolate** in your current address, rather than moving households.



If your test shows you have coronavirus, you will be contacted by text, email or phone and will be asked to provide information about the people you have been close to recently.

- **Inform your university / employer.**



After 10 days if you still have a high temperature, you must stay home and away from people until you feel better.



- **After 10 days**, if you only have a cough and/or loss of sense of taste or smell you don't have to stay home and away from people any more.



Everyone else you share your house with must still stay home because they might have caught the virus but not be showing symptoms yet.

- They must stay at home for 14 days from the first day you felt poorly, even if they feel well.



- **Seek help if existing symptoms get worse** (eg difficulty breathing) by calling NHS 111.

- **In an emergency, call 999** & inform the call handler about your potential exposure to COVID-19.



KEEP YOUR HOME COVID SAFE

TOP TIPS IF ANYONE HAS SYMPTOMS OR HAS TESTED POSITIVE

GENERAL

- Tell people delivering things to your home to leave them outside and let you know they are there, **they must not come into your home.**
- **Do not shake dirty washing** before putting it in the washing machine.



BATHROOMS

- **Use a different bathroom if possible.** If this is not possible, clean it each time after you use it.
- **Use separate towels** and keep them in your own room.
- **Wipe all surfaces you have touched** using strong household products (disinfectant).
- **Regularly clean the bathroom** using household products.



KITCHENS

- **If you share a kitchen,** anyone with symptoms should use the kitchen after everyone else and should **clean all surfaces** afterwards.
- Anyone with symptoms should **eat in their own room.**
- **Where possible, use a dishwasher.** If this is not possible, use separate tea towels, crockery and cutlery and a separate sponge/ brush for washing.
- **Clean surfaces with household cleaner,** that you often touch several times a day such as: door handles, handrails, remote controls, table tops.





IDEAS OF HOW TO KEEP WELL WHEN ISOLATING

Self-isolating is an **incredibly important** and effective way of slowing down the spread of COVID-19. By staying at home, you're protecting your friends, family, your community and those key workers who have worked tirelessly throughout the pandemic – and anyone who could become very sick if they get infected. So you can be a hero from your own living room – it's worth remembering that when things feel tough.

LOOK AFTER YOUR MENTAL HEALTH



It's **normal to feel low or anxious** in these topsy-turvy times, and it often helps to talk through your feelings with others. There's loads of great ideas on the Mindwell website on ways to stay connected and take care of your mental wellbeing www.mindwell-leeds.org.uk



PLAN IT OUT

When your normal routine is disrupted it can feel stressful. Creating and sticking to a **new routine could create a sense of normality** – make a 14 day plan with ideas to keep you busy, whether it's catching up with a box-set or setting up a virtual chat with your mates. If you're not self-isolating now, **make a plan** for how you'll manage if you need to later – cook up some freezer meals and buy in some essential basics in preparation. **Make sure prescriptions stay up-to-date** (including contraception).



SPRING CLEAN

By keeping the house clean you'll be **reducing the chance of spreading COVID-19** – and it's also a great way to pass the time.

Continued on next page >



LEARN A NEW SKILL

There are dozens of ideas for learning something new on website **Blurt it Out**, from skills like knitting or painting, to creative writing



classes or learning a new lingo with language app Duolingo: <https://www.blurtitout.org/coronavirus-things-to-do/>.

STAY ACTIVE

Moving more is good for physical and mental health, even if you're stuck indoors. You can access livestreamed classes through **Active Leeds** via the website: <https://active.leeds.gov.uk/healthy-at-home>, where you'll also find links to online yoga, HITT and other workouts. Or check out **Sport England's Join the Movement** website for more ideas.



GET A CULTURE FIX

The Leeds Inspired website is chockful of online cultural events, from tours of Leeds-based exhibitions like **Fast x Slow Fashion** and **Sounds Of Our City**, to concerts from **Opera North** and online workshops on subjects like family history research or programming. Or check out the **Leeds Libraries** website for coding workshops, online book borrowing or talks with authors and graphic novelists.



STAY CONNECTED

 **Checking in with friends and family is vital** – for their wellbeing as well as yours – maybe have a chat, set up a quiz or games night. Aim to connect with others rather than plugging yourself into 24/7 news – setting limits can be helpful. **100% Digital Leeds** offers loads of good ideas for local digital connections too – you could even become a Digital Champion while self-isolating...

COOK UP A STORM

Baking yummy goodies or challenging yourself with new meal ideas can offer a good focus – check out the **BBC Good Food** or **Change4Life** websites for recipes.





SUPPORT

Support available if you have to isolate:

- If you need to stay at home and have no family or friends for support, ring **0113 378 1877**, our volunteers can help with shopping, collecting medicines or a phone call to check how you are.
- If you have been asked to self-isolate by the NHS Test and Trace service, you may be entitled to a support payment of £500. For more information visit www.leeds.gov.uk/coronavirus
- If you are a student at university or college, you can also contact your support or wellbeing services:

Leeds Trinity University

counselling@leedstrinity.ac.uk or 0113 283 7100

Leeds University Union

0113 380 1400

Leeds Beckett University

studentwellbeing@leedsbeckett.ac.uk or
0113 812 8507

Leeds Arts University

0113 202 8111

Leeds Conservatoire

0113 2223410





SUPPORT

- Support is also available via **MindWell**, which provides information on local services, including finding practical help for those struggling or unable to cope.

Visit www.mindwell-leeds.org.uk

- **Feel Better Leeds** is designed to support students with their health and wellbeing. It has up to date advice on the services and support available, as well as some great free resources and events.

Visit www.feelbetterleeds.org.uk

Tenancy Support

- The Government are providing protection to tenants by requiring landlords to give longer notice periods before they can start court proceedings to evict tenants. From 29 August 2020, except in the most serious cases, landlords cannot start possession proceedings unless they have given their tenants six months' notice. Shorter notice can be given in serious cases. If you are unable to pay your rent you should speak to your landlord in the first instance.





WE'RE HERE!



@nhsleeds



Feel Better Leeds



@feelbetternhs

feelbetterleeds.org.uk

leeds.gov.uk/coronavirus

Brought to you by
the NHS in Leeds



Leeds
CITY COUNCIL