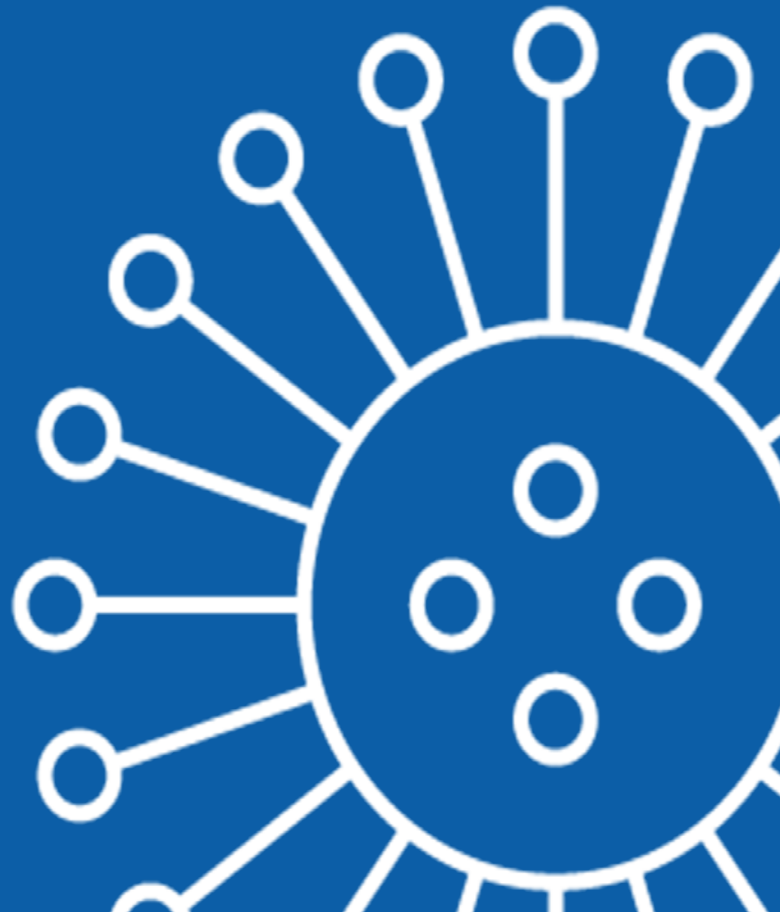


Coronavirus (Covid-19) Guidance

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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Coronavirus (Covid19) Guidance

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

Everyone should stay at home 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.

You can leave your home:

- to go to shops that are permitted to be open – to get things like food and medicine, and to collect goods ordered online or on the phone
- to exercise (or, if you are in England, to spend time outdoors)- ensuring you are 2 metres away from anyone outside your household
- for any medical need, to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person
- to travel to and from work – but only if you cannot work from home

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 should stay at home and follow the [isolation guidance for households with possible coronavirus infection](#).

- Gatherings in public is restricted: If you live in **England** and **Northern Ireland**, you will be allowed to meet up in groups of up to 6 people from different households.
- If you live in **Wales**, members from two households can meet locally (within 5 miles)
- If you live in **Scotland**, members from two households can meet as long as your group is no more than 8 people
- These gatherings should be outside or in private gardens only, while still maintaining social distancing and keeping 2 meters apart.

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

The police, immigration officers, 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 the coronavirus, 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/>

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 (doctor), you should discuss your concerns with your GP (doctor) or hospital clinician. If you don't have a GP, 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 developed symptoms of COVID-19 such as a new, continuous cough or fever, seek clinical advice using the NHS 111 online coronavirus service or call NHS 111. Do this as soon as you get symptoms.

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it.

These include:

- not leaving your home – you should not go out to do shopping or pick up medicine
 - If you live in **England** and **Northern Ireland**, you can spend time outdoors with members of your household, or if you live alone, with one person from another household – keeping 2 meters apart from others
 - If you live in **Wales**, you can go out to exercise -keeping 2 meters apart from others
- don't attend any gathering (including with friends and family in private spaces)
- stay at least 2 metres (3 steps) away from other people in your home as much as possible
- avoid anyone who is unwell or displaying symptoms of coronavirus

Ask friends, family or neighbours to pick up shopping and medicines for you. They should leave them outside your door.

If you need help getting deliveries of essential supplies like food, you can register to get coronavirus support here:

- If you live in **England**: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- If you live in **Northern Ireland**: <https://www.adviceni.net/eform/submit/covid-support-referral>
- If you live in **Scotland**, call 0800 111 4000
- If you live in **Wales**, you should have contact details in your letter

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



Do not have visitors



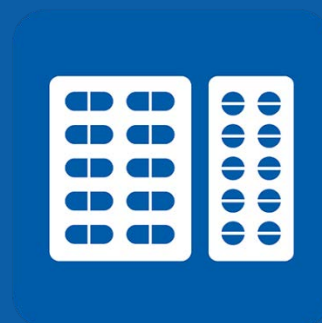
Sleep alone, if possible



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.
- If you have to stay at home together, try to keep away from each other as much as possible.

When should I 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 do I 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 ask for an interpreter in your language.

What will happen if I'm worried about my 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 – 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

No immigration checks are needed if you only have testing or treatment for coronavirus.

What can I 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
- If you can, use face covering in an enclosed space where keeping 2 meters physical distance from people who you do not live with is difficult, such as public transport and smaller shops

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>