

Coronavirus (Covid-19) Guidance

PIDGIN

Dis advice get im base for di health advice and information of NHS dem, and e bi advice for everyone wey dey for UK, no mata which country dem come from.

Version 5 [01.06.2020]



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Coronavirus (Covid19) Guidance

COVID-19 na new illness wey fit affect una lungs and airways. Na one virus wey dem dey call coronavirus dey cause am.

Everyone must to stay for house as much as possible to helep stop di spread of coronavirus. Dis includes pipo for all ages dem – even if you no get any sign to show say you get am or you neva get any kain serious sickness so.

You fit comot for una house:

- to go shops wey dem permit say make dem open – to get things like food and melesin, and to collect di things wey you order online or on top your phone
- to exercise (or, if you dey for England, to spend time for outside)- as you dey ensure say you tanda for place wey bi 2 metres away from anyone wey no dey live for di same domot with una
- for any kain medical need, to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to helep persin wey dey for high risk
- to travel go work and come back – but dat na if you no fit work from una domot

If you get:

- bodi wey dey hot – your chest or back dey feel hot when dem touch am
- new cough wey no dey stop – dis mean say you don start dey cough repeatedly
- loss or change for di way wey una dey taste or smell things (anosmia) - if you no fit smell or taste anything, or things dey smell or taste different from normal

you must to stay for house and follow di [guidance for how to stay separate for pipo wey dey live for di same house and wey fit don catch coronavirus infection.](#)

Gatherings of pipo for public dey banned:

- If you dey live for England and North Ireland, dem go allow say make una meet togeda for groups wey reach 6 pipo wey come from diffren-diffren domot
- If you dey live for **Wales**, pipo wey come from two diffren domot fit meet locally (within 5 miles)
- If you dey live for **Scotland**, pipo wey come from two diffren domot fit meet as long as say una group no plenti pass 8 pipo
- Dis kain gatherings must to be for outside or for private gardens only, while una still dey maintain social distancing wey bi say una go tanda for place wey bi 2 metres away

E dey important say make you follow dis guidance, dem fit fine you if you no follow am.

Di police, immigration officers, and di army fit helep force pipo make dem obey di things wey consain public health, and to make sure say food and other things wey pipo need get to pipo wey dey for high risk.

Due to di coronavirus, we don suspend di need say make pipo report so dem go get immigration bail. You go get SMS text message wey contain details of di date when you go report again. For more informate on changes to di 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 dey for high risk when coronavirus catch am

Coronavirus fit make anyone ill bad-bad, but e get some pipo wey get risk wey high pass.

For example, you fit dey for high risk if coronavirus catch una, if you:



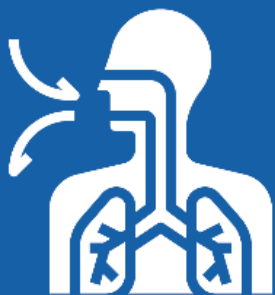
bi persin wey dem don plant
anoda organ inside im bodi



dey get treatment for some
kain cancer dem



get blood or bone marrow
cancer, like leukaemia



get lung disease wey serious
well-well, like cystic fibrosis or
severe asthma



get sickness wey fit make una
dey likely pass to get infections



dey take melesin wey dey make
una immune system weak



get belle and still get serious
heart disease on top

If you think say you dey for any one for dis high risk categories and you neva get a letter from your healthcare team by **Sunday 29 March 2020** or una GP (doctor) neva contact una, abeg talk to una GP (doctor) or hospital clinician about una worry dem. If una no get GP, contact DOTW UK for support: **0808 1647 686** (dis na free number to call) or email clinic@doctorsoftheworld.org.uk

How you fit protect unasef if you dey for high risk

If you begin dey get di signs of COVID-19 sickness dem, like a new cough wey no dey stop or fever, abeg use di NHS 111 online coronavirus service or call NHS 111 for get clinical advice. Make you do dis as soon as you get di sign of di sickness so.

If you dey for high risk for getting seriously ill from coronavirus, e get extra things wey you go do to avoid say make you no catch am.

Dis include:

- no dey comot for your domot – make you no go out go do shopping or go pick up melesin
 - If una dey live for **England** and **North Ireland**, you fit spend time for outside una door with pipo wey una dey live togeda for di same domot, or if una dey live alone, with one persin wey come from anoda domot – and una must to tanda for place wey bi 2 metres away from other pipo dem
 - If una dey live for **Wales**, you fit go out go do exercise -- and una must to tanda for place wey bi 2 metres away from other pipo dem
- no attend any gathering (including with friends and family for private spaces)
- tanda at least 2 metres (3 steps) away from other pipo dem for una domot as much as possible
- avoid anyone wey no well or wey dey show signs of coronavirus sickness

Ask friends, family or neighbours to helep una get una shopping and melesins. Make dem leave di things outside your door.

If you need helep for get di supply of di important things wey you need like food, you fit register to get coronavirus support for here:

- If you dey live for **England**: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- If you dey live for **Northern Ireland**: <https://www.adviceni.net/eform/submit/covid-support-referral>
- If you dey live for **Scotland**, make you call 0800 111 4000
- If you dey live for **Wales**, di contact details go dey inside your letter wey we talk for up

Make you read di full advice for protect unasef if you dey for high risk if una catch coronavirus on GOV.UK: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

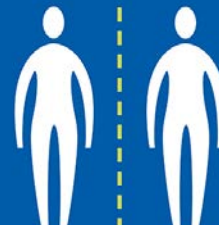
Guidance on how to stay separate for pipo wey dey live for di same house and wey fit don catch coronavirus infection



No go work, school, GP surgeries, pharmacy or hospital



Make you use separate facilities, or make you clean bifor you use am again



No dey come too close to other pipo dem



Make you allow say make dem deliver food & melesin to you



No dey get visitors



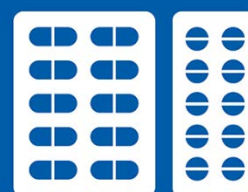
Dey sleep alone, if possible



Make you wash your hands regularly



Make you dey drink plenti water



Make you dey take paracetamol to helep you with di signs of di sickness

Ask for coronavirus test as soon as you get symptoms (you must to do di test for di first 5 days): <https://www.nhs.uk/ask-for-a-coronavirus-test>. You go need give your contact details and get mobile phone wey dey work to receive test results as text message.

Find out more for: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

How long persin go follow di guidance on how to stay separate?

- Anyone wey dey show sign of di sickness must to stay for inside im house and no come near other pipo dem for at least 7 days.
- If you dey live with other pipo, they sef must to stay for house and no come near other pipo dem for at least 14 days, for sake of say make dem no spread di infection outside di home.
- But, if anyone for your home dey show sign of di sickness, they must to stay for house and no come near other pipo dem for 7 days from di day wey their sign start. Even if e mean say dem go dey for inside house for longer than 14 days.
- If you dey live with someone who im age don reach 70 or pass, wey get long-term sickness, wey get belle or wey im immune system don weak finish, try find somewhere else for dem to stay for 14 days.
- If you must to stay for di same domot together, try tanda far from each other as much as possible.

When I go contact NHS 111?

- you no feel well at all so tey you no fit do di kain thing wey you dey do bifer, like, to watch TV, use your phone, read or get out of bed
- you feel say you no fit cope with your signs of sickness for house again
- your condition dey get worse
- di signs of una sickness no dey get beta after 7 days

How I go contact NHS 111?

You fit use di NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19>) to find out wetin you go do next. If you no fit access online services you fit call 111 (dis na free number to call). You fit ask for interpreter for your language.

Wetin go happen if I dey worried about my immigration situation?

Visitors wey come from anoda obodo come England, plus including anyone wey dey live for UK and wey no get permission, we no go charge dem for:

- testing for coronavirus (even if di test show say una no get coronavirus)
- treatment for coronavirus – if you don start treatment and test come show say una no get coronavirus, dem fit charge you for any treatment wey you take after una get di test result

No need for immigration checks if dem test or treat una only for coronavirus.

Wetin I fit do to helep stop Coronavirus say make im no spread?

- Make sure say you wash una hands frequently with soap and water, for at least 20 seconds
- Follow advice for stay alert and safe
- If you fit, use face cover for enclosed space where e no dey easy to tanda 2 meters away from pipo wey you no dey live with, like public transport and smaller shops

For more informate:

- NHS Guidance <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO guidance: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>