Coronavirus (Covid-19) How to help safely

April 2020

easy read

Staying at home

Coronavirus

Coronavirus (Covid-19) is a new illness that can affect your lungs and breathing.

It is quickly spreading around the world.

It is serious for some people.

Some people may die if they catch it.

Stay at home

The best way to stop Coronavirus spreading is if we all stay at home.

But you can leave the house to help a **vulnerable person**.

A **vulnerable person** is likely to become seriously ill if they catch Coronavirus.

2 metres

6 feet

If you are helping someone, you need to keep yourself safe.

This Easy Read information comes from the Government.

It explains how to stay safe when you are helping a vulnerable person.

Helping someone

You can go out to help a vulnerable person who is staying inside their own home.

But you must not do this if:

- you have a cough or a temperature

- someone in your house has a cough or a temperature

- you are 70 or over

- you are pregnant

- you already have a long-term health condition like asthma or diabetes

Who you can help

You can help vulnerable people who are staying in and not going out at all.

This could be friends, family or your neighbours.

You should only go and help someone if they really need it.

How you can help
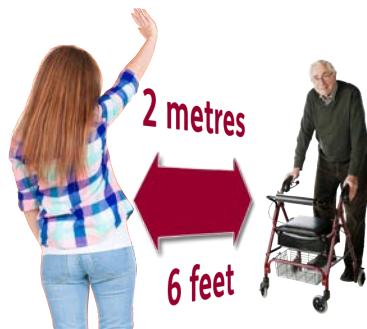
The person you want to help will be vulnerable.

They are likely to become very ill if they catch Coronavirus.

They may already have Coronavirus.

Keep yourself safe and keep them safe by following these rules:

● do not go inside their home

● stay 2 metres or 6 feet away from them at all times

● do not share a car journey with them

- wash your hands with soapy water for at least 20 seconds. Do this before and after you have been outside

- don't help someone if you don't feel safe

- don't do it at night

- only go outside for a very short time

- if you start to have a cough or a temperature then you must stay inside. You must stop going out to help them

If you break these rules you could:

- catch Coronavirus, or

- give Coronavirus to someone else

Ways to help

Help with food shopping

You could go to the shops for someone.

If you do, get your own shopping at the same time.

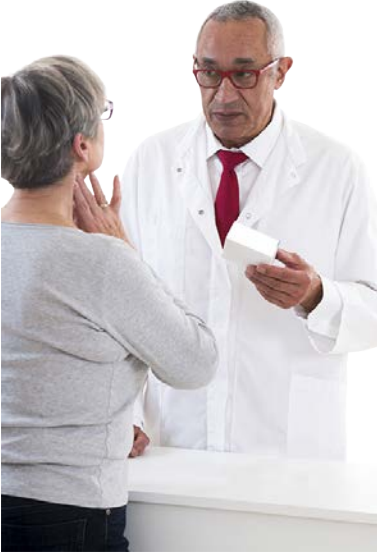This means you are out of your own home for the shortest time possible.

Shopping online

You could help someone to get their shopping online by:

- ordering the shopping for them on your computer

- telling them over the phone how to order food online

Collecting medicines

You can pick up medicines for someone.

They should only ask for medicine that they need.

Remember to keep a safe distance and leave any medicine on the person's doorstep.

Make sure that they have picked up the medicine before you leave.

Stay in touch over the phone or on social media

Staying at home for a long time can be lonely. It can make people feel sad or worried.
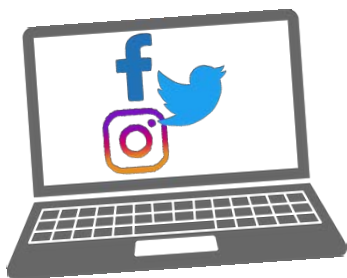
You can keep in touch by phone or have a video chat.

Just saying hello and having a chat is important.

If people are feeling down, they can get help from the Every Mind Matters website:

www.nhs.uk/oneyou/every-mind-matters

Social media is things like Facebook, Twitter and Instagram.

These are ways of communicating on your phone or computer.

Encourage people to stay active

People will feel better if they keep doing things, even if they are staying at home.

You can help people by suggesting ways to keep active.

People can stay active by:

- cooking

- reading

- learning something online

- watching films

It's good to do some exercise. There are many exercise courses online.

Share good information

There is plenty of wrong information online.

You can help people by sharing good information.

You can get good information from:

- the NHS: **www.nhs.uk**

- Public Health England: **www.gov.uk/government/ organisations/public-health- england**

- the Government: **www.gov.uk/Coronavirus**

If you are worried about someone's health

If you are worried about someone's health you should help them to get advice by going to NHS 111 Online:

www.111.nhs.uk

They should only phone **111** if:

- they can't get online

- they are getting worse

- they have been told to

If you think they are very seriously ill, you should phone **999**.

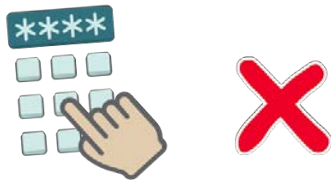# How to stay safe when getting help from others

If you are getting help from someone, do not give them:

- any information about your money

- any information about your bank cards
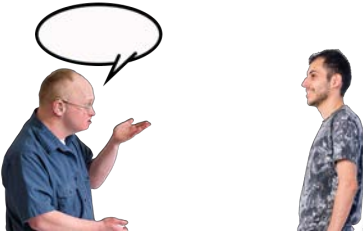
- your bank card number or your PIN

- your phone number, address or any of your personal information

Always ask to see their **ID** if you don't know them.

ID means identification. It could be a badge or a letter from their organisation.

Only give people information if they need to know it.

If you feel unsure about someone:

● don't speak with them

● don't let them in

● call the Police

Proper volunteers have been told not to go into your home.

Volunteering

The Government and local councils have asked people to volunteer to help people who need to stay at home.

Ways to volunteer

If you have applied to be a volunteer and you are well, you can:

- deliver food

- help people with their medical needs, like picking up prescriptions

- help at:

  - food banks

  - services for homeless people

  - places where people give blood

Community organisations are helping vulnerable people in many ways, like:

- doing things for them

- helping them to feel good

- being a friend to them

If you have to stay at home yourself

If you have to stay at home yourself, you can still be a volunteer.

You could phone vulnerable people to check they are alright and have a chat.

Becoming a volunteer

You can find ways to volunteer by going to:

- Do-IT:
  www.doit.life/coronaresponse

- Volunteering Matters:
  www.volunteeringmatters.org.uk

- Reach Volunteering:
  www.reachvolunteering.org.uk

- Your local volunteer centre. You can find this by going to:
  www.ncvo.org.uk/ncvo-volunteering/find-a-volunteer-centre

- the National Association for Voluntary and Community Action:
  www.navca.org.uk

Visit Volunteering Wales to find volunteering opportunities in Wales.

www.volunteering-wales.net

Visit Ready Scotland to register for volunteering opportunities in Scotland.

www.readyscotland.org

To register for volunteering opportunities in Northern Ireland, visit Volunteer Now.

www.volunteernow.co.uk

The NHS has now got enough volunteers.

For more information

If you need more information please go to:

The Government website: **www.gov.uk**

Easy Read by **easy-read-online.co.uk**