Coronavirus or COVID-19 is an illness that can affect your lungs and airways.

COVID-19 has symptoms similar to the flu. In almost all cases people will not die from having coronavirus. However, for people with existing health conditions it can have increased risks. Symptoms to be aware of are:

- a high temperature – you feel hot to touch on your chest or back.
- a new, continuous cough – this means you’ve started coughing repeatedly.

It’s important that you take steps to keep yourself and those around you safe and healthy. It is particularly important for people who:
- are 70 or over.
- have a long-term health condition.
- are pregnant.
- have a weakened immune system.

All NHS services for coronavirus are free for everyone regardless of their immigration status in the UK. This includes coronavirus testing and treatment, even if the result is negative. You will not be reported to the Home Office for coronavirus testing or treatment.

More information:

**NHS Guidance:**
https://www.nhs.uk/conditions/coronavirus-covid-19/

**Drug Treatment and COVID-19:**
https://www.release.org.uk/blog/drug-treatment-and-coronaviruscovid19

**Harm reduction and covid-19 for people who use drugs:**
https://www.talkingdrugs.org/covid19-harm-reduction-for-people-who-use-drugs

Version 1: The information in this document is correct as of the 17/03/2020. Guidance is likely to change and we will update as frequently as possible.
Looking after yourself & your community
To limit the risk of catching or spreading coronavirus follow these steps:

- **Wash your hands with soap and water** often (especially when you go into buildings such as day centres or libraries) – do this for at least 20 seconds. Use public toilets where you can. If there is no soap available use hot/warm running water. It may be useful to carry a bottle of water and soap.
- Use **hand sanitiser gel** if soap and water are not available – this may be available from services.
- **Cover your mouth and nose with a tissue or your sleeve** (not your hands) when you cough or sneeze. Toilet paper will do the job so collect enough for yourself when you can find it.
- Put used **tissues in the bin immediately** and wash your hands afterwards.
- **Avoid close contact with people who have symptoms of coronavirus.**
- Only travel on public transport if you need to.
- **Avoid social activities and areas with large groups of people** (see section on day centres and support services).
- Do not touch your eyes, nose or mouth if your hands are not clean.

What to do if you have symptoms when rough sleeping
The NHS recommends isolating yourself for 7 days if you have either:
- a **high temperature** – you feel hot to touch on your chest or back.
- a **new, continuous cough** – this means you've started coughing repeatedly.

If you are rough sleeping, **we realise self-isolating will be a challenge.** We recommend that you contact support staff from a day centre, outreach team or local support service and let them know your situation. You should avoid going to the service in person as this will increase risks for yourself and other people.

**Do not go to a GP surgery, pharmacy or hospital.**
You can contact NHS 111 for urgent advice if you are unable to get support from local support services or if:
- you feel you cannot cope with your symptoms.
- your condition gets worse.
- your symptoms do not get better after 7 days.

NHS 111 is a free service you can contact if you have an urgent medical problem and you’re not sure what to do. You can contact it through: 111.nhs.uk or call 111. You can call NHS 111 free from a mobile or a pay phone. There may be a wait to speak to someone.

Important considerations if you are feeling unwell
If you are in a situation where you or someone around you is suffering from coronavirus symptoms but you cannot self-isolate inside please consider the following things:

- **Avoid close contact** with others including sharing tents and bedding.
- **Stay in contact** with friends, family and support services by phone or through the internet.
- If you need **food or drink**, think about where these are coming from. You may need to make arrangements for it to be dropped off to you. Contact a support worker or service for help.
- If you need **drugs or alcohol**, consider how these can be delivered to you.
- If you need **medication/scripts**, then let your prescribing service or a support worker know. You will need to make arrangements for having this dropped off.
- If you have a dog or another pet, try to keep it away from other people. Avoid interacting with other people’s pets.
- **Don’t share cigarettes, pipes or drink from the same bottles and cans.**