

# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19)

For people in hostels or temporary accommodation

## What is Coronavirus?

Coronavirus or COVID-19 is an illness that can **affect your lungs and airways**. The symptoms include:

- a high temperature – you feel hot to touch on your chest or back.
- a new, continuous cough – this means you've started coughing repeatedly
- loss or change to your sense of smell or taste



In almost all cases people will make a full recovery. However, **it is particularly important for the following people to be extra careful:**

- People aged 70 or over
- People with a long-term health condition
- Pregnant women
- People with a weakened immune system

**Version 7:** The information in this document is correct as of the **06/08/2020**. Guidance will keep changing, we will update as frequently as possible.

## What are the rules?

The Government has told everyone to **'stay alert and stay safe'** by practicing social distancing to limit the risk of catching or spreading coronavirus, this is difficult if you are homeless. This means:

- You can now spend **unlimited time outdoors**
- You can **meet up to 6 people** outdoors (including private gardens) as long as you **stay at least 1 metre apart**
- Two different 'households' can meet inside as long as you keep at least 1 metre apart. This is different if you are in a 'support bubble'.



*A 'support bubble' is where people can be in close physical contact. Single adults living alone - or single parents whose children are under 18 - can now form a support bubble with one other 'household.'*

- Try to limit the number of people you see to limit the spread of the virus
- You can travel - you **MUST** wear a face covering on public transport
- You **MUST** wear a face covering in any enclosed space such as shops, banks, museums etc.
- You can view properties to rent

All NHS services for coronavirus are **free for everyone – whatever your immigration status**. 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.

**Please note this guidance is specific to England. In Wales, Scotland and Northern Ireland the rules are different, so you need to check their guidance.**

The Government can at any time enforce 'local lockdown' in certain areas of the country, with specific restrictions for that local area.

## Using day centres & support services

Most day centres and support services across the country are impacted by the coronavirus so they are **changing how they work**. Each **local area will have different support in place for people who are homeless**, so you will need to speak to a support worker, the outreach team or your local authority to find out more information.

# Coronavirus (COVID-19) Hostels & Temporary Accommodation



## How do I look after myself and my community?

To limit the risk of catching or spreading coronavirus follow these steps:

- Follow the **social distancing rules** (as explained on previous page)
- **Wash your hands with soap and water** often for at least 20 seconds. If there is no soap in the hostel talk to a member of staff immediately.
- Always wash your hands when you go in or out of your hostel and other buildings.
- **Cover your mouth and nose with a tissue or your sleeve** (not your hands) when you cough or sneeze. Toilet paper will do - if this is not available in your accommodation, then ask staff.
- Put **used tissues in the bin** immediately and wash your hands
- **Do not touch** your eyes, nose or mouth unless your hands are clean
- **Do not have visitors to your room** unless you are in a support bubble – if you need something get them to leave it at the door
- **Do not shake dirty laundry** – this can spread the virus.
- Use your elbows, arms and shoulders to **open doors** instead of your hands.
- If you have a dog or another pet, keep it away from other people and other pets.
- **Don't share cigarettes, pipes or drink from the same bottles and cans**



## What should I do if I have coronavirus symptoms?

If you have COVID-19 symptoms (see first page) you can now get tested easily and must do so as soon as possible. You can either visit a local test site or order a home test kit for free; the test is a nose and throat swab. To arrange a test visit: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/> or call 119.

If you or someone you come into contact with has symptoms, self-isolate and order a test. You should continue to self-isolate if you or someone you have been in close contact with has tested positive for COVID-19.

**Do not go to any services or healthcare settings (apart from a testing site) in person if you have COVID-19 symptoms, as this will increase risks for yourself and other people.**

- **Let staff in your hostel or temporary accommodation know if you are feeling unwell.** Staff should make arrangements for you to self-isolate.
- **Where possible, stay in a separate area behind a closed door, with an open window for ventilation**
- **Do not have visitors to your room – ask people to you leave things at the door**
- If you have a shared bathroom/kitchen **speak to staff about how best to use these spaces.** Could you **assign slots** to avoid coming into contact with others? Make sure the bathrooms/kitchen are **cleaned** after using them with normal cleaning products.
- **Stay in contact** with friends and family by phone or through the internet.
- Can someone bring **food and drink** to you? Could you ask a support worker?
- Do you need **alcohol or drugs**? Can someone bring them to you?
- Can your **pharmacy or prescriber make arrangements to get medication or script to you**? Could a support worker collect for you?
- Can someone bring you **books, music or a newspaper** to entertain you?

