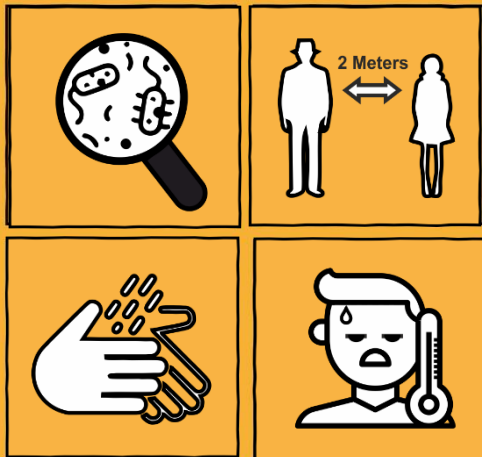


# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19) Protecting yourself and others

### COVID-19 symptoms

If you have any of these symptoms and are in accommodation it is a **legal requirement to self-isolate**. This means you must not leave your accommodation for **any** reason.

- **A high temperature or fever** – you feel hot to touch on your chest or back
- **A new, dry, continuous cough** – if you usually have a cough, a cough that has changed or got worse
- **A loss or change to your sense of smell or taste**
- Other symptoms of COVID-19 can include: shortness of breath, headaches, aches/muscle pains, a sore throat, fatigue and chills



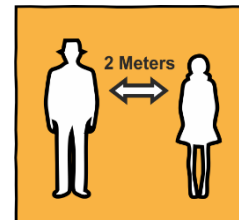
### Preventing the spread of COVID-19

- **Hands** – wash your hands regularly with soap and water for at least 20 seconds



- **Face** – wear a face covering in enclosed spaces (unless you are exempt)

- **Space** - stay 2 meters apart from people you don't live or bed down with



- **Ventilation** – open windows for short, sharp bursts of 10 to 15 minutes regularly. Leaving windows open a small amount can reduce the risk of infection by over 70%

### COVID-19 testing

If you have any COVID-19 symptoms you must **get tested as soon as possible**. There are various ways you can do this:

- **Asking a support worker** to help arrange a test for you
- **Visiting** <https://www.gov.uk/get-coronavirus-test> to get a test online
- **Calling 119** between 7am – 11pm (in England, Wales and Northern Ireland – call 0300 303 2713 in Scotland)

If you test positive for COVID-19 try to tell anyone you have been in close contact with.

If someone you come into contact with has symptoms of COVID-19 then you must **self-isolate for 10 days**. **If you are in supported living this increased to 14 days**. Only get tested if you have symptoms.

If you are rough sleeping or in shared accommodation, 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.**