

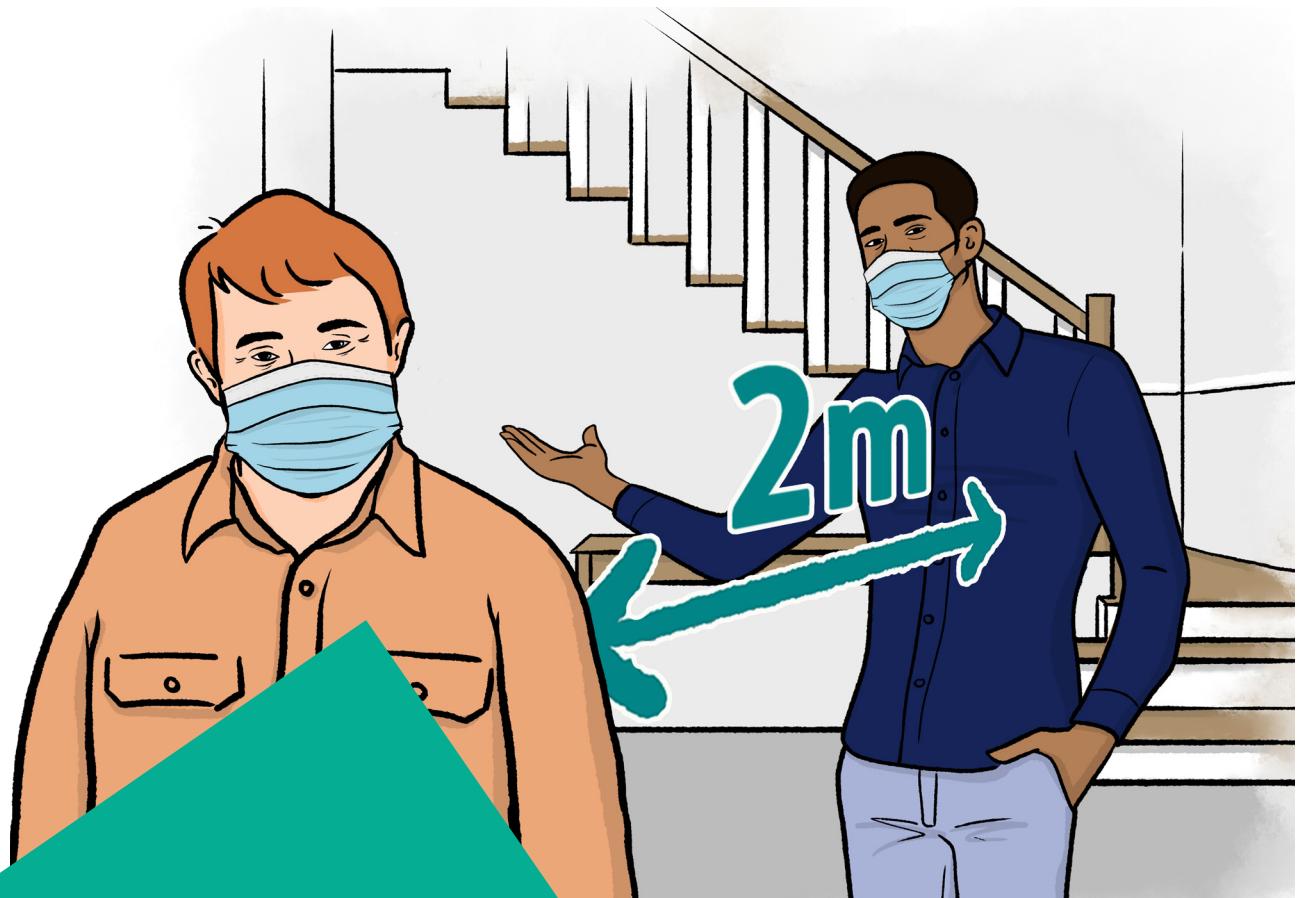


Department
of Health &
Social Care



Public Health
England

COVID-19: guidance for supported living



easy
read

Easy Read version of:
COVID-19: guidance for
supported living:
www.gov.uk/covid-19-guidance-for-supported-living

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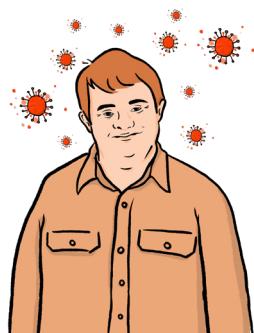
Introduction



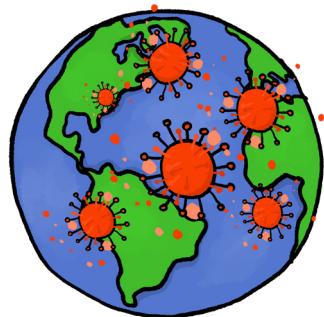
The Government has written this information for people who are supported to live in their own homes.



It explains how to stay safe, and how to keep your care or support worker safe from **Coronavirus**.



Coronavirus is a new illness that affects your lungs and breathing.



It is spreading around the world.



Local councils and organisations that provide support services, must help to keep people safe from Coronavirus.

What services should do



People who are supported to live in their own homes will get their support from an organisation or a local council.



People need their regular support to stay safe at home.



If a lot of people who support you are off sick with Coronavirus at the same time, it may be difficult for you to get your support from the same care or support worker.



Companies should write plans so they know what to do if lots of people are off sick at the same time.



The plans should include:

- an up-to-date list of everyone who is supported to live in their own home



- information about what care and support each person needs from different professionals, like nurses and social workers



- information about how each person likes to communicate



- other services that are involved with each person



- information about people who arrange their own support using **direct payments**.



Direct payments are where the council gives you money to pay for your own support.



Staff who work in more than 1 home

It is best if staff don't work in more than one supported living home. This will help to stop the spread of Coronavirus.



People who are likely to be seriously ill if they catch Coronavirus should stay at home, and keep away from other people.

People who may be more worried about Coronavirus



Some people are more likely to be seriously ill if they catch Coronavirus.



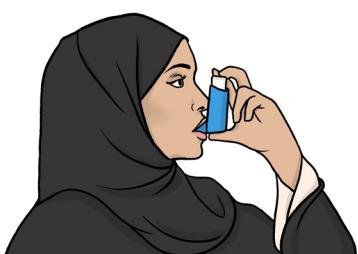
Older people are more likely to be seriously ill than younger people.



Men are more likely to be seriously ill than women.



People from black, Asian and minority ethnic (BAME) backgrounds are more likely to be seriously ill.



People with certain health conditions are more likely to be seriously ill.

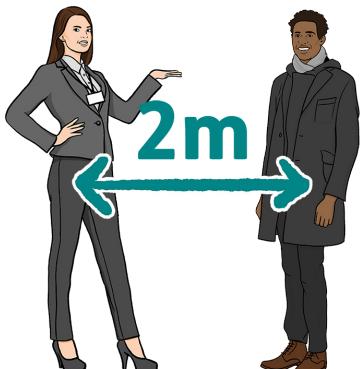


Women who are pregnant should be careful if they catch Coronavirus.

Keeping safe from Coronavirus



Everyone should do these things to help to stay safe from Coronavirus.



Keep away from other people

You should stay at least 2 metres away from other people. That is 6 feet.



Support workers should stay at least 2 metres away from the people they support.



If they have to be closer, they should wear special clothing called PPE.



PPE

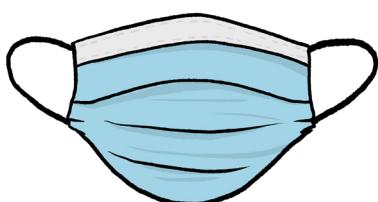
PPE stands for Personal Protective Equipment.

It is special clothing that you wear to protect yourself and others from catching an illness.



It includes:

- plastic gloves
- a plastic apron
- a face covering - this is some material that you wear to cover your mouth and nose
- a visor - this is a piece of clear plastic that covers your whole face.



Your care or support worker may not need to wear all of these items.





Washing hands

You should wash your hands before and after getting close to anyone.



You should wash your hands after taking off your PPE.



You should use soap and water.



You should wash your hands for at least 20 seconds.



If you can't wash your hands, you should use **hand sanitiser**.

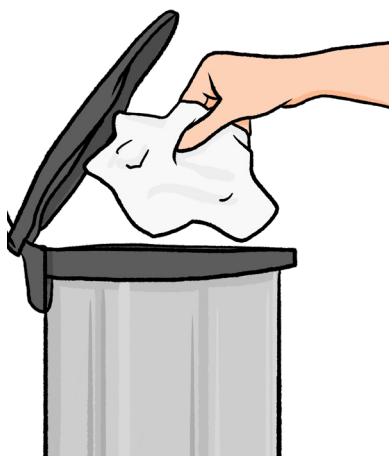


Hand sanitiser is something you can rub on your hands to kill any germs. It comes in a bottle.



Tissues

Use a tissue if you sneeze or cough.



Put the tissue in the bin.

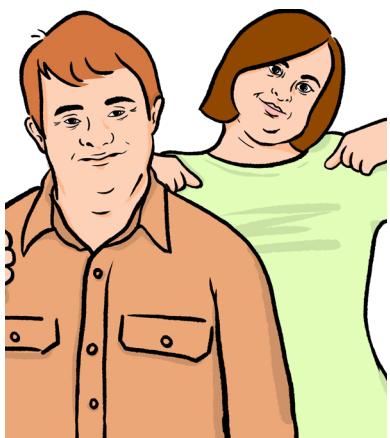


Then wash your hands or use hand sanitiser.

Support bubble



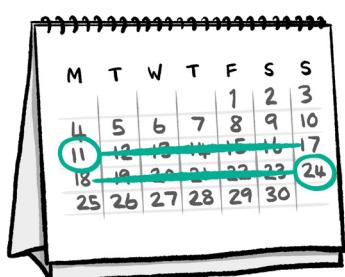
If you live on your own, you can meet up indoors with one other household. This is called a support bubble.



You can get close to people who are in your support bubble.

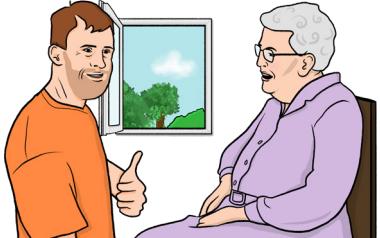


You should not change who is in your support bubble.

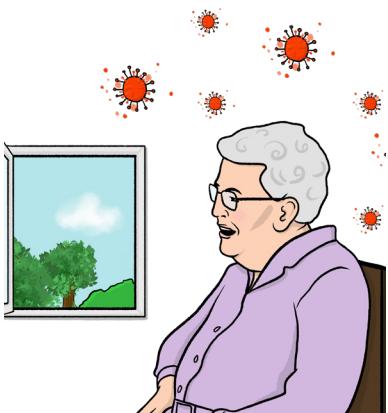


If one person in your support bubble caughted Coronavirus, everyone should stay indoors for 14 days.

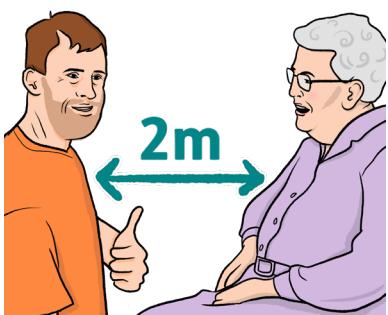
Visitors



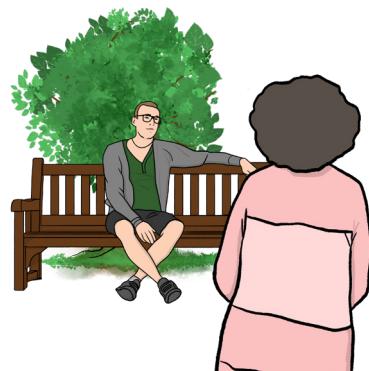
At the moment, you are allowed to have visitors.



But you have to be careful because visitors might spread Coronavirus.



You should keep 2 metres away from your visitors as much as you can.



You should meet visitors in the garden if you can, rather than indoors.



People who shouldn't visit you

No-one with Coronavirus should visit you.



No-one who has been close to anyone with Coronavirus should visit you.



Instead of visiting, you could speak on the telephone, or use a video call. You could meet in a park instead.

Meeting inside

If you have to meet inside, your visitor should:

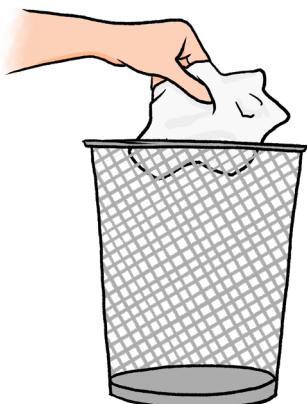
- wash their hands before and after coming into your room

- wear a face covering or a visor





- use a tissue if they sneeze or cough



- put the tissue in a bin and wash their hands.



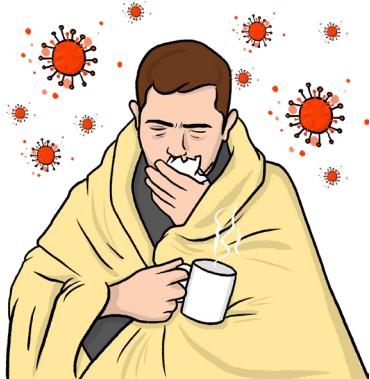
Shared living

If you share your home with other people, your visitors should keep away from the other people and support staff.



If they need to talk to the staff, they should do this over the phone.

If a support worker has Coronavirus



If your support worker starts to get sick at home, they should stay at home and tell their manager straight away.



If they start to get sick at work, they should tell their manager and go home straight away.



They should get tested for Coronavirus as soon as possible.



If they don't start to get better in 7 days, they should contact NHS 111.

Test and Trace



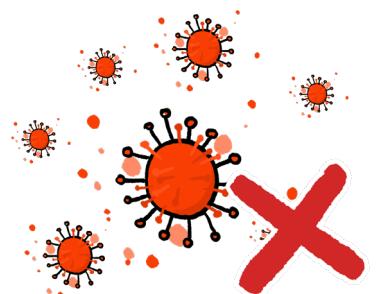
Test and Trace contacts everyone who has caught Coronavirus.



They ask you for the names and numbers of everyone you have been close to recently.



They then contact each of these people and tell them to stay at home and get a Coronavirus test.



This should stop the Coronavirus from spreading.



If your support worker is contacted

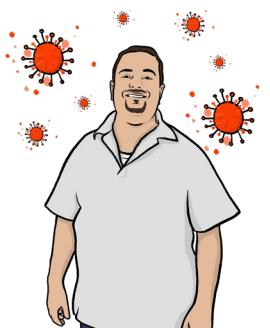
If the Test and Trace service contacts your support worker, they should get a test straight away.



The Test and Trace service will tell their manager.



If the test says that they don't have Coronavirus, they can go back to work.



If they feel fine

The test may say they have Coronavirus, but they feel fine.



If so, they should stay inside and away from everyone for 10 days. They can go back to work on day 11.



The people who live in their house with them should stay inside and away from other people for 14 days.

If someone living in a supported home gets Coronavirus



It may be hard for some people to communicate that they are feeling unwell.



They might have Coronavirus if they:

- have a high temperature



- have a cough



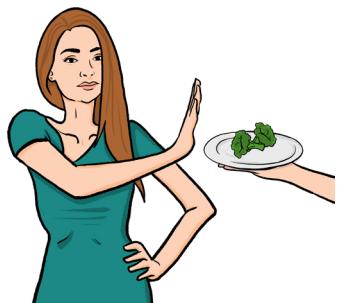
- can't taste or smell things so well



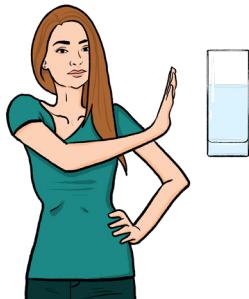
- are out of breath



- are a bit confused



- are off food



- don't want to drink so much



- feel sick



- have diarrhoea.



If you are living in a supported home and get Coronavirus

You should get a Coronavirus test.



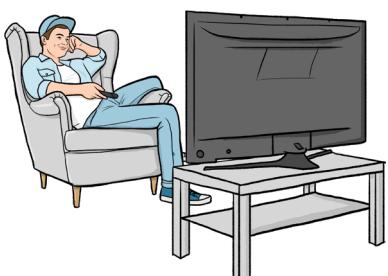
Your support workers should help you to contact your local doctor.



You may want an advocate to help you communicate with health services.



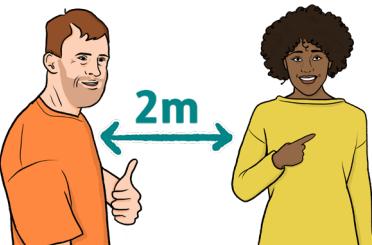
An advocate is a person who helps you to speak up or speaks up for you.



You should stay in your room and keep away from the shared areas.



Someone should clean the bathroom and any shared areas after each time you use them.



Your support staff should stay more than 2 metres away from you.



If they can't stay 2 metres away from you, they should wear PPE.



People who have just come out of hospital

People who have just come out of hospital may have Coronavirus.



They should get a test and stay in their room, away from other people for 14 days.



They should keep away from shared areas for 14 days

An outbreak



If more than one person in a support living house catches Coronavirus, it is called an outbreak.



You should tell the Health Protection Team. Your local doctor's surgery will tell you how to do this.



They will give you advice.



People with Coronavirus should stay in their own rooms. They should not use the shared areas.



The bathrooms should be cleaned after people have used them.

Cleaning



You may do your own cleaning, or someone may do the cleaning for you.



It is important to clean surfaces, rails and door handles. Anywhere that you might touch should be kept very clean.



If you have Coronavirus, you should put all your tissues and other waste in a bag and tie it.



Then put it in another bag and tie it.



Keep it aside for at least 3 days before you put it in the bin to be taken away.

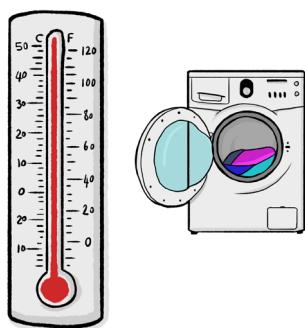
Laundry



Laundry is washing your clothes, sheets and towels.



You may do your own laundry, or someone may do it for you.



Wash your laundry at the highest temperature that you can.



Do not shake dirty laundry – you may be spreading the germs.



Clean your washing baskets.

Getting a test



Anyone who thinks they may have Coronavirus can get a test.



You can get a test by going to
www.111.nhs.uk



or:

www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus



Waiting for the result

You should get the result of the test very quickly. You should tell your care or support worker straight away.



You should stay inside and away from other people until you have the result of your test.

For more information



If you need more information, please go to:



www.gov.uk/covid-19-guidance-for-supported-living