YOUR GUIDE TO CORONAVIRUS

LATEST GUIDANCE ON NEW COVID-19 RESTRICTIONS IN LONDON

Due to the increase in Coronavirus cases London has now been moved to the **'High Risk'** tier. Make sure you are following the rules.

DO NOT SOCIALISE INDOORS

You must not meet socially with friends and family indoors in any setting unless you live with them or have formed a support bubble with them.

WORK FROM HOME IF YOU CAN

If you are able to work from home you should **do so.**

TRY TO REDUCE YOUR JOURNEYS

You can continue to travel, but should look to **reduce the number of journeys** you make where possible.

Wash your hands
Make sure you wash your hands for at least 20 seconds, or use hand sanitiser, regularly.

Cover your face
Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
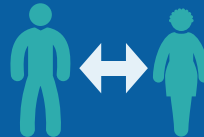
Keep a safe distance
stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place.

Stick to the 'RULE OF SIX'
You may continue to see friends and family you do not live with (or have not formed a support bubble with) outside, including in a garden or other outdoor space. When you do so, you must not meet in a group of more than 6.

HOW DO I KNOW IF I'VE CAUGHT CORONAVIRUS?

NEW, continuous cough

HIGH temperature

Loss or change to your sense of smell or taste

Anyone with Coronavirus symptoms **should self-isolate** and **get tested now.**

NHS Test and Trace

FOLLOW THE RULE OF SIX

THE BRIGHTER BOROUGH
Wandsworth

DOWNLOAD THE NHS COVID-19 APP

The NHS COVID-19 app is the fastest way of knowing if you are at risk of Coronavirus.

The app will allow you to receive alerts if you have been near other users who have tested positive, check in at venues, check your symptoms or apply for a test. Download the app through your device's APP store, or go to: **www.covid19.nhs.uk**

Scan this QR code to access the NHS COVID app.

WHAT IF I HAVE SYMPTOMS?

If you have symptoms or have tested positive for Coronavirus, you need to self-isolate for 10 days.

You, or someone you live with, will need to isolate for 14 days if:

- Someone you live with, or someone in your support bubble, has symptoms or has tested positive
- You have been told to self-isolate by NHS Test and Trace
- You arrive into the UK from a country with a high coronavirus risk

If you are isolating for these reasons you should not leave your home for any reason. If you develop symptoms while isolating then you need to arrange a test, (and if the result is positive you must self-isolate for 10 days from when symptoms started).

If your symptoms are getting worse and you're not sure what to do, use the **NHS 111 online Coronavirus service.** In an emergency, **call 999.**

BOOKING A TEST

You should only book a Covid-19 test if you have symptoms or if you have been asked to by a doctor or public health professional.

Regular testing sessions are held at Wandsworth Town Hall and you can also apply for a postal test.

To get a free Covid-19 test, you MUST book an appointment in advance. Go to: **www.nhs.uk/conditions/coronavirus-covid-19/** or call **119.**

SUPPORT AVAILABLE

If you or your business are struggling due to Coronavirus, there is a range of support available through the council and local community organisations.

The Community Hub helpline can signpost you to the latest information and Government advice, as well as other services in the local area e.g. food or medication collection.

If you or someone you know needs this support and they don't have existing family, friends or other support that can step in, ring **020 8871 6555** or email: **accessteam@wandsworth.gov.uk**

Test and Trace support payment If you have been told by NHS Test & Trace to self-isolate because you have tested positive for Covid-19, or because you have had contact with someone with the virus, you may be eligible for a £500 Test and Trace Support Payment if you have been unable to work as a result.

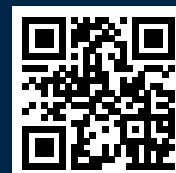To see if you are eligible or to apply, go to: **www.wandsworth.gov.uk/isolation-payment**

October 15 2020

IMPORTANT CONTACTS

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Community Hub Helpline
020 8871 6555 or email: **accessteam@wandsworth.gov.uk.**

Test And Trace Support Payment
www.wandsworth.gov.uk/isolation-payment

Wandsworth Information
www.wandsworth.gov.uk/coronavirus

National Information
www.nhs.uk/conditions/coronavirus-covid-19

Twitter: @wandbc

E-newsletter:
wandsworth.gov.uk/chooseyournews