

Updated Information about COVID-19 – Novel Coronavirus

(22nd May 2020)

Changes highlighted

Current situation

On 11 May 2020, the government published a [Covid-19 recovery strategy \(GOV.UK\)](#) setting out the way in which a cautious approach would be taken to restarting certain activities in England over a period of weeks/months in the next phase of the Covid-19 epidemic.

It is clear that nationally, efforts to stay at home, and restrictions in face-to-face contact have been effective in starting to bring down the rate of infection of the virus and these messages remain important as we move into the next phase. Non-essential shops and community spaces remain closed at this time.

The recovery plan was published alongside a series of further guidance documents which can also be found on the main GOV.UK website:

- [Guidance on staying safe outside your home](#)
- [Staying alert: Guidance on what you can and can't do](#)
- [Guidance for schools and educational settings \(suite of guidance including new safeguarding guidance\)](#)
- [Guidance for workplaces – how to make workplaces “Covid-19 secure”](#)

Further guidance for workplaces includes:

- [GOV.UK - Guidance on social distancing in workplace](#)
- [Health & Safety Executive - How to perform a Covid-19 risk assessment](#)

Should markers of infection rates continue to reduce, it is proposed that there will be consideration of opening schools for certain year groups (Reception, Year 1 and Year 6), at the earliest on 1 June, with some shops potentially also being allowed to reopen. Opening of some hospitality venues may also start from July 2020. Importantly, restrictions may need to be put in place again should markers of infection rise. Evidence and policy briefings regarding children and COVID can be found below, with further evidence being published:

- [Overview of information about Coronavirus and Children published by Department for Education](#)
- [Policy briefing on return to school by Children's Commissioner](#)

In addition to the above, an excellent public health opportunity has been announced as part of a large emergency active travel fund that has now been made available for local authorities to reallocate road space for walking and cycling, with accompanying statutory guidance.

- [GOV.UK - £2 billion package to create new era for cycling and walking](#)

A new contact tracing “track and trace” programme is in the process of being established, with roll out anticipated from 1st June 2020, with 25,000 staff now currently recruited to deliver this. The local programme in Coventry and Warwickshire is being developed to support this. Funding has been announced to [support families of seriously ill or disabled children](#), and also further funding for small and medium sized charities has been announced ([press conference 20th May 2020](#)). Further, it has been announced that a programme of antibody testing will be rolled out in a phased way to health and care workers and patients in the first instance (caveats remain regarding interpretation of positive results currently). Further detail on this programme will follow.

National data sources

- [GOV.UK - latest number of coronavirus cases and risk in the UK](#)
- [GOV.UK - Public Health England weekly surveillance reports](#)

Current Key Messages and local Public Health advice

(comes into effect Wed 13 May 2020)

- **Stay at home and work from home if you can.** If you are unable to work from home, ensure you only return to work once your employer has put in place government advised measures to ensure a safe workplace.
- **Avoid public transport** and walk/cycle if, and when, you do need to go to work.
- From Wednesday 13 May, you will be able to exercise outdoors as often as you wish and play sports with members of the same household. **Always stay 2 metres away from others.**
- Other than for the above reasons, **limit leaving the house except for certain essential activities** (shopping for necessities, such as food or medicine), any medical need, or providing care to a vulnerable person.

- Follow [current national guidance](#) and stay at home as much as you can if you have a long-term condition, are pregnant, or aged 70 or over. People who are “extremely vulnerable” and are currently shielding should continue [following national guidance](#) to protect them from infection.
- [Self-isolate with those in your household](#) if you develop Covid-19 symptoms (however mild). It is critical that you also access medical help you need for other reasons, when you need it - by phoning your GP or 999 in an emergency.
- Wash your hands regularly with soap and water and clean surfaces that are regularly touched with detergents and chlorine-based disinfectants (1000 ppm chlorine). Wash your clothes regularly.
- Check in on friends/neighbours/family who may be more vulnerable - stay in touch by phone or other digital media. Make sure they are able to keep in touch and can access help if they need it.
- Please see [advice regarding wearing cloth face coverings \(GOV.UK\)](#) in certain situations (enclosed spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet). Rigorous hand washing before and after putting on face coverings, avoiding touching your face and appropriate washing of coverings is critical.

Mental Wellbeing

There are many ways in which we can use technology to keep in touch with our family, friends and with people who might be more vulnerable/living alone. There are also many other ways in which we can look after our own wellbeing and that of others. A range of resources and guidance for maintaining and improving mental wellbeing can also be found at the links below:

- [GOV.UK - Covid-19: guidance for the public on mental health and wellbeing](#)
- [GOV.UK - Covid-19: guidance on supporting children and young people's mental health and wellbeing](#)
- [Mental Health Foundation - Looking after your mental health during the coronavirus outbreak](#)
- [Warwickshire County Council – mental health advice and resources during the coronavirus outbreak](#)
- [Coventry City Council – mental health service information during Covid-19](#)
- [Sports England - Stay in, work out](#)
- [Living Well with Dementia in Warwickshire – support services for people living with or caring for someone with dementia in Coventry and Warwickshire](#)
- [Warwickshire County Council - Helping you manage your wellbeing if you care for someone during the Covid-19 outbreak \(PDF, 109KB\)](#)
- [Coventry City Council – Carers coronavirus information pack](#)
- [MARCHNetwork.org – social study looking at the psychological and social experiences of adults during the current Covid-19 epidemic](#)

Key public facing advice and support for vulnerable groups

Key links for public advice can be found at the links below:

- [NHS.UK - latest NHS information and advice about coronavirus](#)
- [GOV.UK - latest coronavirus guidance and support, announcements and press conference statements](#)

New information about coronavirus symptoms has been published

The GOV.UK website and translated guidance below will be in the process of being refreshed with new guidance shortly.

Translations and more accessible guidance

National advice documents have been translated into 51 languages courtesy of Doctors of the World.

- [Doctors of the World – coronavirus information in other languages](#)

National guidance is also included on the Welcome to Coventry app. The app relates to Coventry, but the information about Covid-19 is based on national guidance, is updated daily and the Browsealoud (orange button) allows people to have the text read to them and to also translate this into multiple languages.

- [Welcome to Coventry – Covid-19 guidance with Browsealoud](#)

Public Health England has also made available an easy read version of the main national advice regarding home isolation.

- [GOV.UK - Covid-19 easy read advice \(PDF, 732KB\)](#)

Support for people in the extremely vulnerable category (i.e. “shielding”):

- [Warwickshire County Council – Coronavirus: support for isolated, vulnerable residents](#)
- [Coventry City Council – Coronavirus: Operation Shield support advice](#)

Support and services for people who might be vulnerable and staying at home due to coronavirus:

- [Warwickshire County Council – get self-isolation help](#)
- [Coventry City Council – community support](#)

Information and support for people who experience domestic violence:

- [Talk2someone Warwickshire](#) - a new website just launched in Warwickshire
- [West Midlands Police and Crime Commissioner – no excuse for abuse](#)

Travel advice

Travel advice is changing regularly as the situation changes internationally. The Foreign Office recommends against all non-essential travel worldwide. Further announcements will be made about self-isolation recommendations for returning travellers.

- [GOV.UK - Coronavirus travel advice](#)

Useful guidance, resources and communications materials

- National guidance for a range of partners/sectors - [GOV.UK - Coronavirus guidance](#)
- An alternative way of accessing some of the key information and guidance - [GOV.UK - Coronavirus guidance and support](#)

A number of guidance documents were updated at these links on the 15th May 2020 including guidance for care of the deceased/funerals, guidance for employers and educational settings, guidance for decontamination in non-healthcare settings, guidance for businesses and food businesses and guidance regarding exposed health and care staff and patients. **Infection control guidance has also been updated.**

Additional useful guidance can also be found elsewhere on the GOV.UK website and is listed below. **Some of the guidance below and campaign materials are in the process of being updated:**

- [Social distancing guidance for workplaces](#)
- [Guidance for the charity sector](#)
- [Guidance for schools and other educational settings \(updated 15th May 2020\)](#)
- [Actions for higher education providers](#)
- [Adult social care action plan \(PDF, 284KB\)](#)
- [Support for care homes guidance \(published 15th May 2020\)](#)
- [Suite of adult social care guidance](#)
- [Guidance for staff supporting adults with learning disabilities and autistic adults](#)
- [Children's social care guidance](#)
- [Guidance for staff looking after people who lack mental capacity](#)
- [Guidance for drug and alcohol service commissioners \(updated 15th May 2020\)](#)
- [Guidance for consumers about coronavirus and food](#)
- [Hospital discharge guidance](#)
- [Guidance \(including for parents\) about staying safe online](#)
- [Safeguarding guidance for community volunteers](#)
- [Guidance on disposal of personal protective equipment for the public](#)
- [Guidance regarding health inequalities and COVID-19](#)

Warwickshire and Coventry have produced local guidance for domiciliary care/visiting staff. Please always check here for the latest version – this guidance has had some minor revisions made, based on feedback received.

- [Guidance for staff who provide personal care/therapy for individuals in homes and visiting staff \(PDF, 1.2MB\)](#)

Guidance for migrant communities

The [West Midlands Strategic Migration Partnership website](#) brings together a range of resources relevant to refugee and migrant communities.

The [NHS entitlements: migrant health guide](#) has been updated to make it clear that no charge can be made to overseas visitors for testing/treatment of Covid-19 (this goes for all communicable disease, sexual health services, and a range of other exemptions including primary care and emergency care, NHS111, with a range of further exemptions for vulnerable individuals.

The [Welcome to Coventry website](#) has a list of free and paid services for asylum seekers, refugees and migrants that can be translated into different languages.

Migrant Voice are hosting a [“media lab” focusing on media interview skills](#) on Tuesday 26th May 2020

Campaign resources, research and testing guidance

The Coronavirus Emergency Measures Bill has been brought before parliament and a summary of the key impacts has been published:

- [GOV.UK - Coronavirus bill: summary of impacts](#)

Public Health England (PHE) has issued advice against the use of Covid-19 rapid tests that are being marketed:

- [Public Health England - rapid point of care tests for use in community pharmacies or at home](#)

PHE has pulled together a bank of resources to help those working on the coronavirus outbreak to identify and assess emerging evidence as it's published:

- [Public Health England – Finding the evidence: coronavirus](#)

A new blog about real-time tracking of the virus has been published

- [Public Health England – real-time tracking of COVID-19](#)

Campaign materials can be accessed on the national campaign website:

- [GOV.UK - Coronavirus resource centre](#)

A range of new resources have been added as well as further Every Mind Matters resources for Mental Health Awareness week that starts today Monday 18th May 2020. Schools resources to support Mental Health Awareness week can be found below:

[Schools campaign resources](#)

The Children's commissioner has produced a [children's guide to Coronavirus](#). This should be circulated alongside the [NHS handwashing video](#).

Ramadan

Some key messages related to Ramadan have been published:

- [Core lines for Ramadan \(PDF, 99KB\)](#)
- [GOV.UK - Stay at home for Ramadan blog](#) (leaflets in different languages are also available)

Online Learning

London School of Hygiene and Tropical Medicine has worked with Future Learn to develop a free to access online learning programme on Covid-19.

- [Future Learn – Covid-19: tackling the Novel Coronavirus](#)

Imperial College London has also developed an online Covid-19 course:

- [Coursera.org - Science matters: Let's talk about Covid-19](#)