

# COVID-19 information resource pack

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## Last update

5 Nov 2020

## About the resource pack

If you talk to people about COVID-19 this resource pack is for you. It has been put together by Camden & Islington's Making Every Contact Count (MECC) team to provide reliable information to pass onto residents of both boroughs.

## Why should we talk to people about COVID-19?

COVID-19 continues to impact us all in Camden and Islington. Measures taken in response to the pandemic are adapting over time and can be quite confusing. So, we want to make sure that everyone understands how to keep safe. We also want to make sure that everyone has a reliable source to turn to for help and support during these challenging times.

You can help us to get reliable information and advice out into our communities. Along with this resource pack we offer training and online drop-in sessions with colleagues from Public Health to provide ongoing support and to provide a mechanism for reporting what is and isn't working or other issues emerging.

To receive updates and access to drop-in session please sign-up as a COVID-19 Health Champion. You can sign-up using our online [registration form](#).

If you would like further information about the COVID-19 Health Champion role please email [CHC@islington.gov.uk](mailto:CHC@islington.gov.uk)



For training, sign-up on one of our MECC websites: [Camden MECC](#) or [Islington MECC](#)

## Anything missing?

If you would like any resources adding to this pack, please contact [email tbc]

## Laws, rules, and guidance from 5 Nov 2020

### Meeting with friends & family

- Households are not allowed to mix with others indoors, or in private gardens.
- Individuals can meet one person from outside their household in an outside public space
- Support bubbles for people who live alone and households made up of single parents and children can continue
- Children can move between homes if their parents are separated
- Weddings and civil partnership ceremonies are not allowed, apart from exceptional circumstances

### Shopping

- Food shops, supermarkets, garden centres and certain other retailers providing essential goods and services remain open.
- All non-essential retail is closed but can offer delivery and click-and-collect.
- You must wear a face covering in shops, supermarkets and shopping centres.

### Going to work

- You must work from home if you can, unless you are in an essential service, or where your workplace is open and you cannot work from home
- Clinically vulnerable are advised not to go to work if they are unable to work from home

### Education

- Schools and nurseries remain open. In schools and colleges that teach Year 7 and above, face coverings should be worn by adults and pupils when moving around the premises, but not usually in a classroom.
- Colleges and universities remain open. If you live at university, you must not move back and forward between your permanent home and student home during term time. You should only return home at the end of term for Christmas.

## Leisure time

- All pubs and restaurants are closed (takeaways and deliveries can continue)
- Hotels are only open for people who have to travel for work plus a number of other limited reasons
- Overnight stays and holidays away from primary residences are not allowed.
- Outdoor exercise and recreation is allowed, but gyms are closed

## Other

- Places of worship will generally close but funerals, with a maximum of 30 people attending, individual prayer, and a few other activities will be allowed
- You should avoid travelling in or out of your local area, and you should look to reduce the number of journeys you make. However you can and should still travel for a number of reasons, including:
  - travelling to work where this cannot be done from home
  - travelling to education and for caring responsibilities
  - hospital GP and other medical appointments or visits where you have had an accident or are concerned about your health
  - visiting venues that are open, including essential retail
  - exercise, if you need to make a short journey to do so
- If you need to travel walk or cycle where possible, and to plan ahead and avoid busy times and routes on public transport.

From Thursday 5<sup>th</sup> of November to Wednesday 2<sup>nd</sup> December, England will enter a [four-week national lock down](#).

For updates and rules for other areas please use the [BBC's rule checker](#)

## Who is at risk of COVID-19?

COVID-19 can make anyone seriously ill. For some people, the risk is higher. There are 2 levels of higher risk:

### High risk (clinically extremely vulnerable)

People at high risk from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

### Moderate risk (clinically vulnerable)

People at moderate risk from coronavirus include people who:

- Can go out to work and Individual Risk Assessments are vital for this group of employees
- Aged 70 or older
- Have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis), heart disease (such as heart failure), diabetes, chronic kidney disease, liver disease (such as hepatitis), condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- Have a condition that means they have a high risk of getting infections
- Are taking medicine that can affect the immune system (such as low doses of steroids)
- Are very obese (a BMI of 40 or above)
- Are pregnant

### Other things that can affect risk

There are other things that can make you more likely to get seriously ill from coronavirus, including if you are:

- over 60 – your risk increases as you get older
- from a Black, Asian or minority ethnic background

More information is on the [NHS website](#)

## IMPORTANT

The lists above may not include everyone who is at higher risk from coronavirus and may change as we learn more about the virus.

For more other risks see the full report on [Disparities in the risk and outcomes of COVID-19](#)

## Stopping COVID-19 spreading

### How is the virus spread?



**Hands Face Space**  
information video

[Source UK Gov](#)  
[\(YouTube\)](#)

COVID-19 is primarily transmitted through small respiratory droplets through sneezing, coughing, or when people interact with each other for some time in close proximity.

Droplets are heavy and only remain in air for a short time. They only travel short distances, generally <1m for large droplets and <2m for smaller droplets.

If these droplets land on the mouth, eyes or nose they can enter the body. Or if they land on surfaces where they can be transferred to the hands, when someone touches their nose, mouth or eyes. COVID-19 can survive on different surfaces from several hours to three days.

### Key measures to prevent transmission

Effective ways of preventing transmission are:

- **Hands:** Wash your hands regularly and for 20 seconds.
- **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. It is a legal requirement to wear a face covering in many public places including on public transport, in taxis and in shops. The [full list](#) covers other venues.
- **Space:** Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

- **Self-isolating:** Check your symptoms – if you start to develop any coronavirus symptoms make sure you self-isolate and book a test by calling 119 or book a test online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



## Hands

The virus can only be transferred to your body through your mouth, nose or eyes. Touching your face with your hands is one of the most common ways to get infected.

- Wash hands frequently – for at least 20 seconds
- Soap and water is best
- If your hands are visibly dirty, always wash them with soap and water
- Alcohol-based hand gel should be used if you cannot use soap and water
- With sanitiser, ensure all parts of hands are covered and rub together for 20-30 seconds until dry
- People are less likely to wash their hands if they are wearing gloves
- Avoid touching your face
- Do not cough or sneeze into your hands. Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.
- Everyone should wash their hands before and after touching any equipment/ surfaces used by other people

## What about gloves?

There is no evidence that gloves protect the wearer outside of a clinical setting, indeed their use outside a clinical setting may increase the risk of transmission of COVID-19; wearing gloves may give a false sense of protection and lead to neglecting hand hygiene. If someone has touched a contaminated surface with a gloved hand, they are just as likely to transmit contamination as someone who has not worn gloves.

COVID-19 does not pass through the skin, it infects people by entering through the mouth, nose or eyes. If someone handles something contaminated with coronavirus and then touch

their face, gloves won't stop them from getting infected. Regularly washing or sanitising hands is by far the best way to avoid infection.

## Face

A face covering can be simple; it just needs to cover your mouth and nose. It is not the same as surgical masks or respirators used by health and care workers or for dust and spray in an industrial context.

- The evidence suggests that wearing a face covering does not protect you, but it may protect others if you are infected but have not developed symptoms.
- Wearing a face covering is required by law in some settings, including public transport and shops. People should wear a face covering in an enclosed space where social distancing is not possible.
- It is important to use face coverings properly and wash your hands before putting them on and taking them off.
- Further information on face coverings is [gov.uk](https://www.gov.uk)

## Space

To reduce the risk of catching or spreading coronavirus, try to keep at least 2 metres away from people you do not live with. Social distancing is essential to stop the spread of the virus, as it is more likely to spread when people are close together.

When with people you do not live with, you should also avoid physical contact; being close and face-to-face; and shouting or singing close to them. You should also avoid crowded areas with lots of people.

Where you cannot stay 2 metres apart you should stay more than 1 metre apart, as well as taking extra steps to stay safe. For example:

- wear a face covering
- move outdoors, where it is safer and there is more space
- if indoors, make sure rooms are well ventilated by keeping windows and doors open

You do not need to socially distance from anyone in your household (people you live with). You also do not need to socially distance from anyone in your legally-permitted [support bubble](#) if you are in one, or someone you're in an established relationship with. If in the early stages of a relationship, you should take particular care to follow the guidance on social distancing.

When providing care to a young child, or person with a disability or health condition who is not in your household or support bubble, it may not always be possible or practicable to maintain social distancing. You should still limit close contact as much as possible when providing these types of care and take other precautions such as washing hands and opening windows for ventilation.

## Guidance for those who are extremely clinically vulnerable

Earlier in 2020 people who are extremely clinically vulnerable were advised to shield. They received a letter from the NHS or their GP telling them this. The current [government guidance](#) says these people do not have to shield, but should:

- Stay at home as much as possible except to go outdoors for exercise or to attend essential health appointments. Try to keep all contact with others to a minimum and avoid busy areas.
- Work from home. This is *strongly advised*; if you cannot work from home, you should not attend work for this period of restrictions.
- Not to go to shops or to a pharmacy. You are encouraged, in the first instance, to ask a friend, family member, carer or a volunteer to go to the supermarket on your behalf and collect your medicines.
- Continue to seek support from the NHS and other health providers for your existing health conditions and any new health concerns.

Most children originally identified as clinically extremely vulnerable no longer need to follow this advice. Speak to your GP or specialist clinician, if you have not already done so, to understand whether your child should still be classed as clinically extremely vulnerable. Those children whose doctors have confirmed they are still clinically extremely vulnerable are advised not to attend school while this advice is in place.

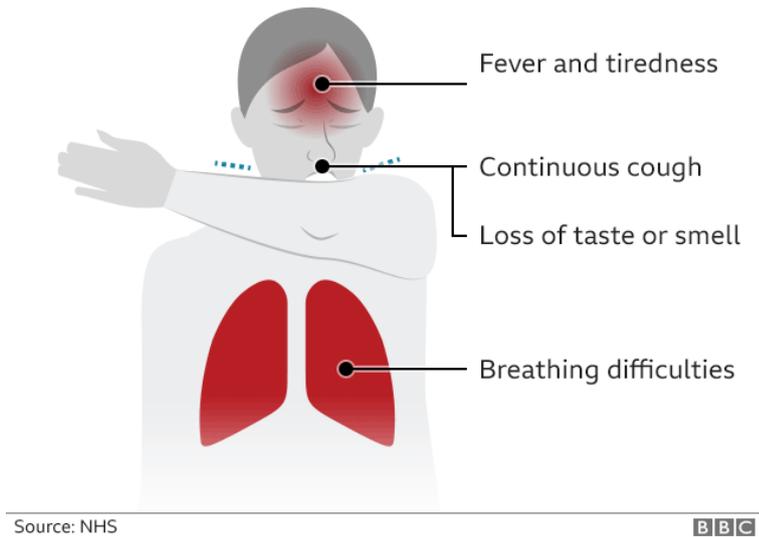
## Symptoms and self-isolation

### Symptoms

The main symptoms of COVID-19 are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

### Coronavirus: Key symptoms



Most people with coronavirus have at least 1 of these symptoms, however some people do not have any. You can be infectious (and passing it onto others) 48 hours before getting symptoms and 10 days after symptoms begin.



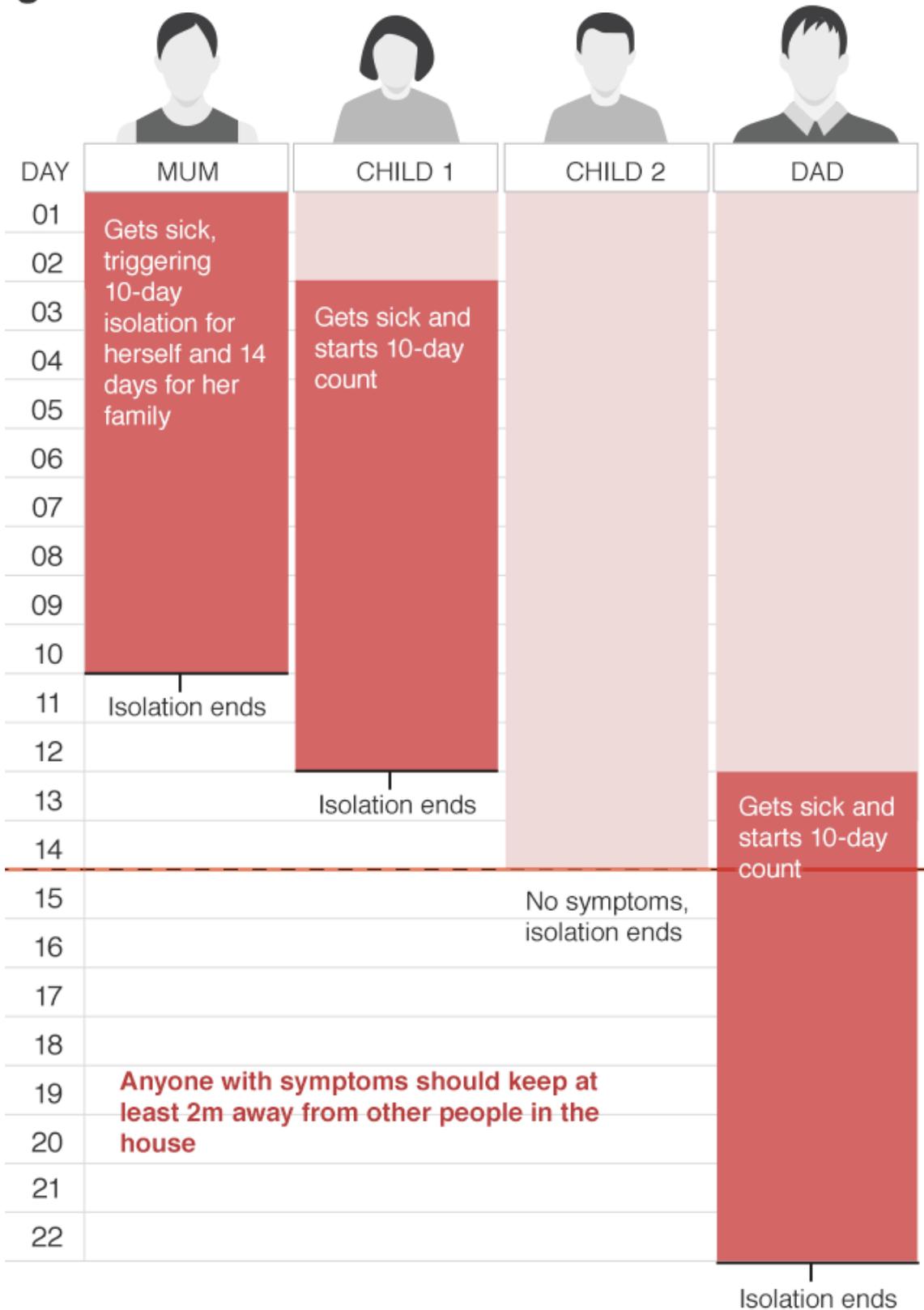
### Self-isolation

You must stay at home (self-isolate) if you or anyone in your household develops symptoms:

- The person with symptoms must stay at home (self-isolate) for 10 days from onset of symptoms
- Household members need to stay at home for 14 days from when the first person's symptoms start *or*
- If they develop symptoms 10 days from when their symptoms first started

The illustration below shows how this might work in one household.

## What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice

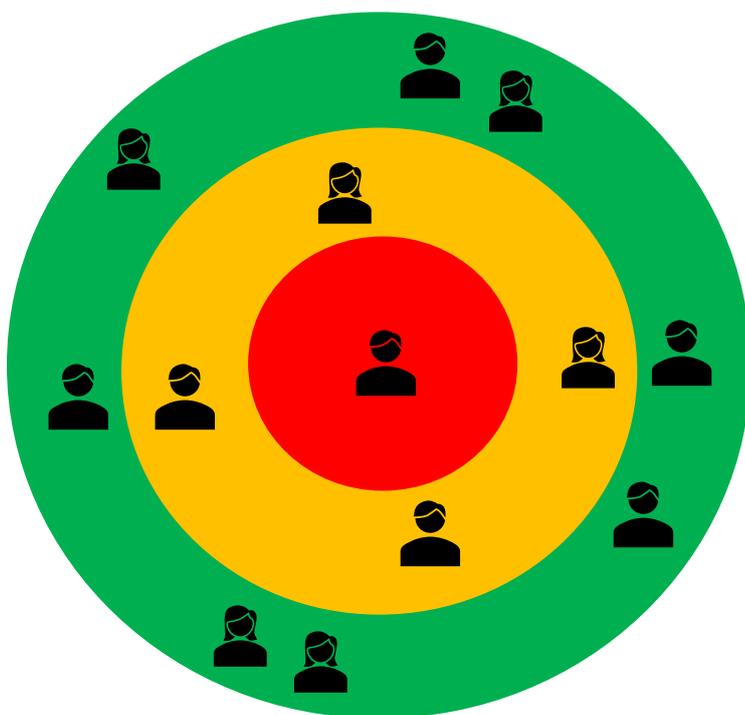


## Contacts

Along with household members, ‘contacts’ need to self-isolate for 14 days. A ‘contact’ is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for COVID-19
- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
  - being coughed on
  - having a face-to-face conversation within one metre
  - having skin-to-skin physical contact, or
  - contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- a person who has travelled in a small vehicle (e.g. a car) with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact (provided there has been no other contact such as any of those indicated above).



**COVID-19 +**  
No contact with anyone outside household & avoid household members

**Contacts**  
Might be infectious without symptoms  
Stay at home/self-isolate

**Not a ‘contact’**  
No personal contact with COVID-19 +  
Not required to self-isolate

## The test and trace system

### Getting a test

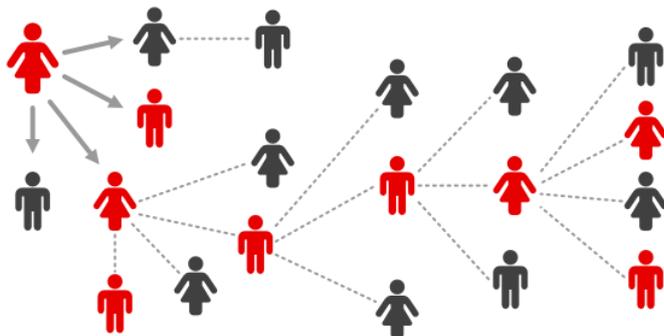
Testing is available to people of any age with COVID-19 symptoms. To get a test you have the following options:

1. Online at [www.gov.uk](http://www.gov.uk)
2. Calling 119
3. Using the [NHS COVID-19 app](#)

Tests are available at drive-through centres, walk-through centres and via post, although the availability of all of these is affected by demand.

For further help getting a test see the [NHS website](#)

### Contact tracing



Contact tracing aims to identify and alert people who have come into contact with a person infected with coronavirus.

NHS Test and Trace helps trace close recent contacts of anyone who tests positive for COVID-19 and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus. If you test positive for COVID-19, you must share information promptly and accurately about your recent contacts through NHS Test and Trace to help them alert other people who may need to self-isolate.

### NHS COVID-19 app

The NHS offers an app with tools including contact tracing, local area alerts and venue check-in. It protects your privacy and identity from other app users, and their privacy and identity from you. The app uses random IDs that cannot be used by the NHS or the government to identify who you are, or who you've spent time with.

The app cannot:

- use your GPS location or track where you have been
- be used to check or monitor if you're self-isolating
- be used by law enforcement to identify or track you

- see personal information on your phone, such as your messages, address book or your phone contacts

It is available to download from [Google Play](#) for Android phones and [Apple's App Store](#) for iPhones.

## Key contacts and useful links for signposting

### Key contacts

PHE London Coronavirus Response Cell (LCRC) – call 0300 303 0450

Local Camden and Islington Public Health Team – email [CIPHAdmin@islington.gov.uk](mailto:CIPHAdmin@islington.gov.uk)

### Useful links

[Camden COVID-19 support](#) - starting point for information and advice in Camden

[Islington COVID-19 support](#) - starting point for information and advice in Islington

[Camden COVID-19 dashboard](#) - current COVID-19 data in Camden

[Covid-19 Cases and Deaths in Islington](#) - current Islington data

[NHS coronavirus homepage](#) - national information and advice

[COVID-19 Tests](#) - information and online booking

[NHS COVID-19 app](#) - includes alerts and venue check-in

[BBC Coronavirus pages](#) - information and news

[PHE Coronavirus Resource Centre](#) – for posters and other coronavirus media resources