

## THE UNITED CHARITIES OF NATHANIEL WATERHOUSE

&

## JOHN MACKINTOSH MEMORIAL HOMES

### COVID-19 ADVICE NOTICE FOR RESIDENTS AND RELATIVES

The Government has now issued further advice regarding steps to reduce viral spread.

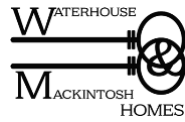
**From July 4th 2020**

**The New Advice is:**

- You should still aim to remain 2m away from other people. Distancing at 1m is allowable but must be accompanied by extra precautions. The exception is for those living alone who have formed a 'bubble' with one household. Social distancing does not apply for these meetings.
- 2 households can now meet indoors and outdoors. Social distancing must be maintained. Overnight stays are allowed
- Up to 6 people from different households can meet outdoors
- Use the following extra precautions in all the situations above:
  - Avoid being face to face with others
  - Wash your hands/use sanitiser often
  - Avoid touching your face
  - Keep rooms well ventilated

**The previous advice, which still applies, for all residents is:**

- Wash your hands frequently particularly on entering or leaving your own home. Visitors should do the same.
- If you do need to visit shops for food do this as infrequently as possible
- Use the grounds of Waterhouse and Mackintosh homes to walk and meet outside.
- Residents who develop symptoms suggestive of Covid-19 infection (eg temperature, cough, difficulties breathing, headache or loss of



taste/smell) should inform the Wardens by 'phone. Do not visit neighbours, relatives or the GP surgery. Symptoms should be reported even if not severe. Check your symptoms on 111.nhs.uk or get your relatives, friends or the wardens to do this for you. If you think you have a Covid-19 infection speak to your GP for advice or, if out of hours, ring NHS 111.

- If you are already self-isolating and you feel more ill or are not recovering after a week contact NHS 111 or your GP for advice.
- If you live alone you can meet with one household indoors. The 2m rule does not apply for this meeting. Staying overnight is allowed.
- You must then stick with this household 'bubble' and cannot meet other family members in the same way
- ***Anyone over 70 years old should still consider the risk of contact with others.***

The Wardens will continue to keep in regular contact with all residents

Indoor communal areas cannot be used by either residents or any outside group

Should the Wardens become ill, the Charities will ensure that telephone contact with residents is maintained by suitable volunteers.

Should Residents need help with shopping, this can be arranged via the Wardens or those acting on their behalf.

This information is likely to be updated as further advice is issued by the Government.

The Trustees

Waterhouse and Mackintosh Charities

26th June 20