

## 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 31st 2020**

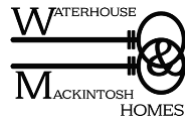
#### **The New Advice is:**

- **You must not meet anyone who you do not live with indoors. This means either in your own flat, cottage or in their home**
- **You must not meet anyone you do not live with in a private garden or in a café, restaurant or shop**
- **The only exceptions would be if you, as a single person, have formed a 'support bubble' with one family. The members of this 'support bubble' cannot change. The restrictions above do not then apply**
- **The gardens of Waterhouse and Mackintosh homes can be regarded as 'public spaces' rather than 'private gardens'. This means you can use them to meet members of other households whilst maintaining social distancing. If you are meeting members of more than one household the maximum allowable number is 6.**

**Visitors must not use toilets in the flats or cottages.**

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

- Wash your hands frequently particularly on entering or leaving your own home.
- 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 still 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.***

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

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

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

1<sup>st</sup> August 20