

THE UNITED CHARITIES OF NATHANIEL WATERHOUSE

&

JOHN MACKINTOSH MEMORIAL HOMES

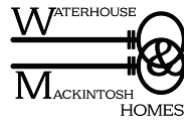
COVID-19 ADVICE NOTICE FOR RESIDENTS AND RELATIVES

From Thursday 5th November the new Government advice is:

- You should stay at home. You should only leave your home to shop for basic necessities and this should be as infrequently as possible
- 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
- You can meet only one person from another household and this meeting must be outside in a public space
- The gardens of Waterhouse and Mackintosh homes can be regarded as 'public spaces'. This means you can use them to meet one member of another household whilst maintaining social distancing.
- Visitors must not use toilets in the flats or cottages.
- The exception to the above rules is that if you live alone you can form a 'bubble' with one household. The members of this bubble cannot change. You are allowed to meet members of your 'bubble' indoors

Also:

- Wash your hands frequently particularly on entering or leaving your own home.
- 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.
- ***Anyone over 60 years old should 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

4th November 20