

THE UNITED CHARITIES OF NATHANIEL WATERHOUSE

&

JOHN MACKINTOSH MEMORIAL HOMES

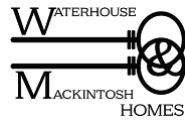
COVID-19 ADVICE NOTICE FOR RESIDENTS AND RELATIVES

From Wednesday 2nd December the updated Government advice is:

- Up to six people from different households can meet outdoors 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 members of other households whilst maintaining social distancing
- 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 any indoor setting
- 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. Meeting members of your 'bubble' indoors is allowed

In Addition:

- Wash your hands frequently particularly on entering or leaving your own home
- Visitors must not use toilets in the flats or cottages.
- Wear a mask in shops, on public transport and when social distancing is not possible
- 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

Government Advice for the Christmas Period Between 23rd and 27th December

- You can form an exclusive 'Christmas bubble' composed of people from no more than three households
- You can only be in one Christmas bubble
- You cannot change your Christmas bubble
- You can meet your Christmas bubble in private homes, gardens, places of worship, or public outdoor spaces
- You can continue to meet people who are not in your Christmas bubble outside your home according to the rules on page 1
- You cannot meet someone in a private dwelling who is not part of your household or Christmas bubble

Naturally everyone would like to meet friends and family over Christmas but you should carefully consider the risks involved. The risks can be reduced by:

- Families avoiding unnecessary contacts before joining a 'Christmas bubble'
- Washing your hands frequently
- Cleaning touch points such as door handles and surfaces regularly
- Avoiding overcrowding and keeping socially distanced from anybody you do not live with as much as possible
- Meeting for shorter periods
- Making sure you let as much fresh air into your home as you can during a visit and after visitors have left by opening windows and doors

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

The Trustees

Waterhouse and Mackintosh Charities

2nd December 2020