



**THE UNITED CHARITIES OF NATHANIEL WATERHOUSE  
& JOHN MACKINTOSH MEMORIAL HOMES**

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

**From Tuesday 5<sup>th</sup> January the updated Government advice is:**

- You must not meet friends and family either indoors or outdoors
- You can only leave your home for essential shopping, medical care or to exercise outdoors once per day
- You can exercise outdoors with one other person whilst maintaining social distancing
- 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
- Maintain space from people you do not live with, ideally 2m but 1m is allowable if wearing a mask.
- Wear a mask in shops, on public transport and when 2m 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

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

The Trustees

Waterhouse and Mackintosh Charities

5<sup>th</sup> January 2021