Updated Information about COVID-19 – Novel Coronavirus (2nd April 2020)

Changes from previous day in highlight

Current situation

The measures announced by the government on the 23rd March to intensify our efforts to stop "face to face" social contact remain in place. These measures have potentially started to have some impact, but we will not see the full effects in terms of hospital admissions for another week to two weeks - and at this point hospital admissions and numbers of cases continue to rise. Please see slides from national press conference on 1st April 2020 here, and press conference can be seen here. People are required to stay at home, except for certain essential activities. Non-essential shops and community spaces are closed, and gatherings of more than two people are not allowed – see here. The relevant authorities and the police will be granted the powers to enforce these measures. This remains critical for reducing spread and protecting the most vulnerable, and protecting the NHS. A letter and leaflet will be sent to all households in the UK reinforcing this message (and will be made available in a range of formats).

There are many ways in which we can use technology to keep in touch with our family, friends and with people who might be more vulnerable/living alone. New guidance has also been published about how to support the mental wellbeing of both adults and children during this time – here and here. This complements Mental Health Foundation guidance that can be found here. Guidance about how people can help friends and family safely can be found here

The key message for all of us is that by strictly following the below, we can reduce the spread of infection, serious illness and deaths:

- **Stay at home, except for certain essential activities (shopping for necessities, such as food or medicine), one form of exercise per day, any medical need, or providing care to a vulnerable person, travel to and from work (but only when this is essential). See guidance here with some FAQs here, and additional guidance regarding travel here. If you are going out for essential purposes stay at least 2m away from anyone else. This requirement is even more critical for people with long term conditions, pregnant women and people over the age of 70.**

- **Support people who are extremely vulnerable to follow the new guidance to protect them from infection. Advice here (includes an easy read guide and translated advice)**

- **Self-isolate with those in your household if you develop COVID-19 symptoms (however mild). Advice here and here. It is critical that you also access medical help you need for other reasons also, when you need it - by phoning your GP, or 999 in an emergency.**

- **Wash your hands regularly with soap and water and clean surfaces that are regularly touched with detergents and chlorine-based disinfectants (1000 ppm chlorine).**

- **Check in on friends/neighbours/family who may be more vulnerable - stay in touch by phone or other digital media. Make sure they are able to keep in touch, and can access help if they need it.**

A range of non-essential shops and public spaces have closed. Guidance here and more detail here. A letter has been written to hotels, hostels and B&Bs about an exemption for them to stay open to provide accommodation for key workers, and vulnerable groups here. Gatherings of more than two people (unless in the same household), including weddings, baptisms, religious ceremonies, but excluding funerals (which can be attended by immediate family).

For national and local data regarding numbers of confirmed cases, please see here

Key public facing advice.

Key links for public advice can be found here and here

Please see here for national advice documents translated into a range of languages, courtesy of Doctors of the World. Please note that many of the guidelines below have also had translated version added on 20th March 2020. Further, national guidance is also included on a daily basis on the Welcome to Coventry app. Although the app relates to Coventry, the information about COVID-19 is based on national guidance, is updated daily, and the Browsealoud (orange button) can be used to translate it into multiple languages. See here

There is now also an easy read version of the main national advice regarding home isolation here

Travel advice

Travel advice is changing regularly as the situation changes internationally. The Foreign Office now recommend against all non-essential travel worldwide - see here.

Useful guidance, resources and communications materials,

The national COVID-19 action plan can be found here.

A list of all national guidance has also been published here, and this contains guidance for a range of partners/sectors, including guidance for educational settings, adult social care settings, the transport sector, employers and businesses, hostels or day centres for people who are rough sleeping. This list also contains NHS guidance. New hospital discharge guidance relevant to NHS and social care was published on 19th March 2020 and can be found here. Linked with the employer/business guidance, a summary of support available for businesses and individuals can be found here. New support available for self-employed people was announced on 26th March 2020.

A suite of guidance for educational settings has been published here (guidance regarding vulnerable children and young people was updated on 27th March 2020, and a new safeguarding document added). Some safeguarding guidance for community volunteers has been issued here. An alternative way of accessing some of the key information and guidance can now be found here - including to information about employment and financial support, information for businesses and other details about how COVID-19 is affecting public services.

The West Midlands Strategic Migration Partnership have brought together a range of resources relevant to refugee and migrant communities here

Some new guidance for care of the deceased has been published here

The Coronavirus Emergency Measures Bill has been brought before parliament – a summary of the key impacts can be found here

Please see PHE advice against use of COVID rapid tests that are being marketed here

PHE have produced a “Finding the Evidence” collection of resources - here

A new Coronavirus Whatsapp Information Service has been launched allowing people to get answers to the most common questions about coronavirus direct from government. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word ‘hi’ in a WhatsApp message to get started.

New campaign materials for the Stay at Home Save lives campaign (Act Like You’ve Got It, Anyone Can Spread It), have now been uploaded to the national campaign site here. There are also some easy read materials, materials in British Sign Language, audio versions.

London School of Hygiene and Tropical Medicine has worked with Future Learn to develop a new free to access online learning programme on COVID-19

Imperial College London have just opened up a new online COVID course,
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