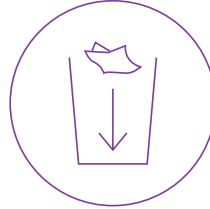
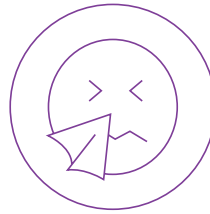


Over 70s and vulnerable or pregnant people

If you have previously been advised to shield, remember:

- **You don't need to follow previous shielding advice**
- **You can go to work as long as the workplace is COVID secure, but should carry on working from home wherever possible**
- **You can go outside as much as you like* but you should still try to keep your overall social interactions low**
- **You can visit businesses, such as supermarkets, pubs and shops, while keeping 2 metres away from others* or 1 metre plus other precautions**
- **You should continue to wash your hands carefully and more frequently than usual, and that you maintain thorough cleaning of frequently touched areas in your room and/or workspace**
- **You will no longer receive free food parcels, medicine deliveries and basic care from the National Shielding Service**

* Please adhere to any licence conditions you may have and check this out with Approved Premises staff or your offender manager.



**For more information go to
www.nhs.uk/coronavirus**

Please adhere to any licence conditions you may have and check this out with Approved Premises staff or your Offender Manager.



HM Prison &
Probation Service

Coronavirus

What you need to do

Approved Premises version
December 2020

Staying healthy in Approved Premises

To stay healthy in shared living spaces, everyone needs to make good hygiene their responsibility.

Good hygiene habits can help protect all of us from coronavirus (COVID-19).

Here is what we should be doing to keep ourselves and others healthy:

- **Washing your hands more often for 20 seconds using soap and water**
- **Covering your face by wearing a face covering in an indoor setting where social distancing may be difficult, and where you will come into contact with people you don't normally meet.**
- **Covering your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze**
- **Putting used tissues in the bin straight away and washing your hands afterwards**
- **Washing your hands after blowing your nose, sneezing or coughing, and before you eat or handle food**
- **Using hand sanitiser gel if soap and water are not available**
- **Not touching your eyes, nose or mouth, especially if your hands are unclean**
- **Avoiding close contact with people who are unwell**

If you have previously been advised to shield

Remember:

- **You do not need to follow previous shielding advice**
- **You can go to work as long as the workplace is COVID secure, but should carry on working from home wherever possible**
- **You can go outside as much as you like* but you should still try to keep your overall social interactions low**
- **You can visit businesses, such as supermarkets, pubs and shops, while keeping two metres away from others* or one metre plus other precautions**
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What to do if you feel unwell

The team working at your Approved Premises cares about your health and wellbeing. You should tell them immediately if you have any concerns. Symptoms to look out for are:

- **A new, or continuous cough**
- **High temperature**
- **Loss of smell or taste**

These symptoms do not necessarily mean you have coronavirus, but you do need to tell your Approved Premises manager about them. If the manager is unavailable, you can speak to any member of staff.

You should tell your Approved Premises manager (or member of staff) if you notice someone else is unwell. Say to the person that it is best for them to avoid getting close to other people, just in case.

Self-isolating

'Self-isolation' is required for 10 days if you:

- **Have a high temperature**
- **Have a new, continuous cough**
- **Have lost your sense of smell or taste**
- **You are advised to by a doctor**

Self-isolation for the reasons listed means staying in your room and avoiding contact with other people for 10 days. If you are advised to do this, Approved Premises staff will help you with arrangements.

You must also self-isolate for 10 days if you have been in contact with someone who has tested positive for coronavirus.

Do not go to a GP surgery, pharmacy or hospital. Use the NHS 111 online coronavirus service if:

- **You feel you cannot cope with your symptoms at Approved Premises**
- **Your condition gets worse**
- **Your symptoms do not get better after 10 days**
- **Another resident needs your help in contacting NHS 111 – but remember to protect your own health by not getting close to them**

You do not need to contact 111 to tell them you are self-isolating in Approved Premises.