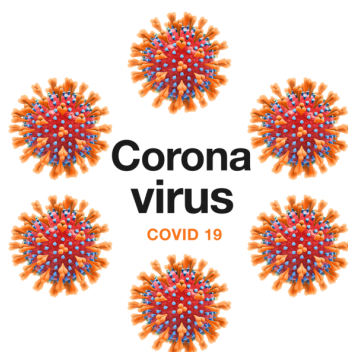




Easy read guide to COVID—19 (Coronavirus)

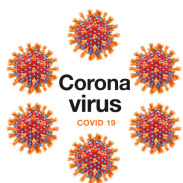


Latest Guidance November 2020

An information guide for people
with learning disabilities
in East Sussex



How to use this booklet



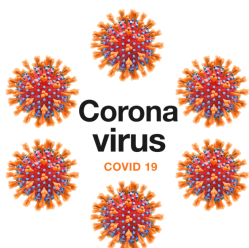
This guide will tell you about some of the new government updates and rules about **COVID—19 (Coronavirus)**

It also has information about looking after yourself and how to get support



If you need help to read this you could ask

- someone in your family or a friend
- a support worker
- a carer



You can use this guide to

- help you to understand the new Coronavirus government updates and rules



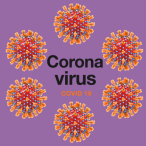
We know that some of the information and updates can be confusing and hard to understand



In this booklet, we have tried to make these rules easier to read and understand

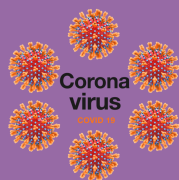


You can write down any important information that you want to remember (there is a page for your notes at the end of this booklet)







What is in this Booklet

	<p>Lockdown 2.0 - from 5th November</p> <p>New Rules</p>	<p>4, 5 and 6</p>
	<p>Shops and businesses which are allowed to stay open</p>	<p>7</p>
	<p>Shops and businesses which must stay closed</p>	<p>8 and 9</p>
	<p>Important Update for adults with Down's Syndrome</p>	<p>10</p>
	<p>Important reminders</p>	<p>11</p>
	<p>Face coverings</p>	<p>12</p>
	<p>Symptoms of coronavirus and what to do if you have them</p>	<p>13</p>
	<p>Flu vaccinations and annual health checks</p>	<p>14</p>
	<p>Wellbeing</p>	<p>15</p>
	<p>Contact Numbers</p>	<p>16</p>
	<p>Notes page</p>	<p>17</p>



Coronavirus New Rules - Lockdown 2.0

	<p>As there are more cases of coronavirus in some parts of England the Government has made new rules to help stop the virus spreading.</p>
	<p>From 5 November Lockdown 2.0 starts. You must stay at home all the time except for the following reasons -</p>
	<p>For work, if your workplace is open and you cannot work from home.</p>
	<p>To exercise outdoors or to visit outdoor public places like a park, beach or allotment.</p> <p>You can go out with</p> <ul style="list-style-type: none"> • people you live with, • People in your support bubble, • Or if you are out on your own you can meet one other person from a different household. (Children under 5 years do not count towards the total of two people meeting outside. Nor do people with severe disabilities who are out with parents or carers).



Coronavirus New Rules - Lockdown 2.0



For **medical appointments**, emergencies or to escape from harm - like if the fire alarm sounds



Shopping for things you really need now, like food and medicines. You should only go shopping when you really need to.



You can go out to collect takeaway food or drink or to take out or pay money into a bank.



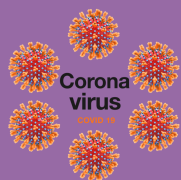
To **visit members of your support bubble**.



To visit Government offices like Jobcentre Plus, or Court if you have an appointment. passport offices, services provided to victims, waste or recycling centres will also remain open.



To visit a food bank



Coronavirus New Rules - Lockdown 2.0



You are **not allowed** to meet friends or family indoors unless they live with you.

You **cannot** meet them at their home either.



The rule of 6 is **not allowed** any more.



You are still allowed to meet people in your support bubble.



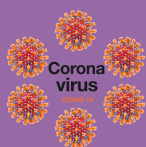
You can meet **one person** from another household **outside**.

This can be in a park, the beach or other public place but **not** a private garden.

You must stay a safe distance away - 6 feet or 2 metres.



You must not travel in the UK or overseas unless it is for education, work or a caring responsibility.



Coronavirus New Rules - Lockdown 2.0


Open

These shops and businesses are **allowed to open** -



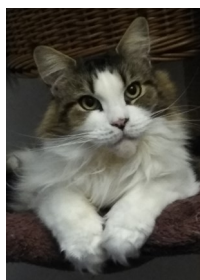
Food shops and
supermarkets



Off-licences



Garden centres



Vets and pet
shops



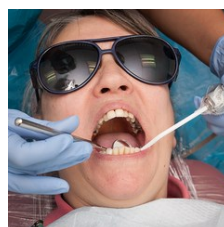
Funeral directors



Banks and
Building
Societies



Laundrettes



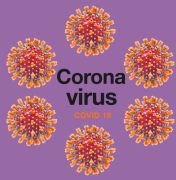
Medical and
dental services



Chemists



Public toilets



Coronavirus New Rules - Lockdown 2.0



To stop the virus spreading from person to person the Government has ordered some shops to close.

Closed

These shops and businesses are **not allowed to open** -



Clothes shops



Bowling alleys,
leisure centres
and gyms



Travel agents,
tobacco and
vape shops



Swimming pools,
dance studios



All pubs,
restaurants and
cafes (they can
still do
takeaways until
10pm)



Theatres



Museums,
galleries, indoor
zoos, tourist
attractions



Beauty salons,
hairdresser,
barbers



Hotels, guest
houses and
campsites



Coronavirus New Rules - Lockdown 2.0

Closed

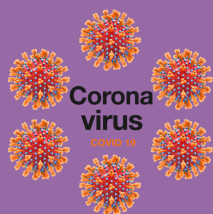
These shops and businesses are **not allowed to open** -

	Places of worship, except for individual prayer and funerals		Weddings and civil partnership ceremonies are not allowed at the moment,
 Nails	Nail bars, spas and massage parlours		Amusement arcades and funfairs
	Tattoo and piercing parlours		Electronics shops
	Indoor go-karting, water parks and theme parks,		Bingo halls
			Cinemas

December

2

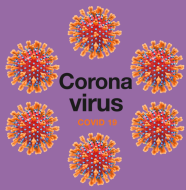
These new rules will continue until 2 December. The Government will check the number of cases of coronavirus and will issue new guidance then.



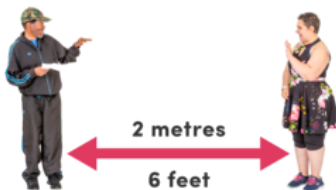
Coronavirus - Important Update

Important Information from Gov.uk

	<p>Doctors have written a list of people who may be at risk of becoming very ill if they catch coronavirus.</p>
	<p>The people on this list are called - clinically extremely vulnerable.</p>
	<p>Doctors have decided to add adults with Down's Syndrome to this list.</p> <p>This is because adults with Down's Syndrome have a bigger chance of becoming very ill if they catch coronavirus.</p>
	<p>The Down's Syndrome Association has easy read information regarding this change. Click on this link to read information about changes Down's Syndrome Association Easy Read</p>
	<p>The government have issued guidance with lots of detail for adults with Downs Syndrome. This is not in easy read but you could ask a family member or carer to support you with this. Government advice</p>



Coronavirus Update - Reminders



There are **very important reminders** from the Government.

Wash hands

Keep washing your hands regularly for 20 seconds

Cover face

wear a face covering in enclosed spaces

Make space

You must stay a **safe distance (this means 2 metres or 6 feet away)** from people you do not live with - or 1 metre with a face covering



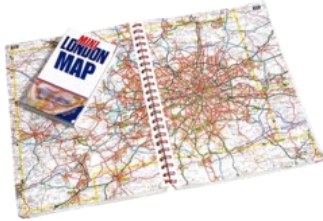
People over 60 or with long term health conditions need to be extra careful to follow the rules as they may become more seriously ill if they catch coronavirus.



**Always remember
HANDS, FACE, SPACE!**



Coronavirus Update - Reminders



It is best not to travel out of your local area.
Only travel when it is really necessary.



You **must** wear a face covering in taxis,
private hire cars, on public transport or
anywhere indoors.



Some people do not have to wear face
coverings because of a disability or if it may
cause severe distress.




You do not have to prove to anyone that
you do not have to wear a face covering.

If you would feel happier to show a card
there are some on the Gov.uk website which
you can print out to show you do not have
to wear a face covering.

[Face covering exemption card](#)



Coronavirus Update - Reminders

	<p>The main symptoms of coronavirus are -</p> <ul style="list-style-type: none"> • A high temperature—feeling very hot • Coughing a lot more than you usually do • Not being able to smell or taste things properly
	<p>If you have any of these symptoms you should self isolate for 10 days and phone 119 to book a test. You can ask family, a friend or support staff to help you.</p> <p>In an emergency call 999</p>
	<p>Self isolation means that you should</p> <ul style="list-style-type: none"> • stay indoors all the time • Ask someone to do your shopping • Tell people not to come into your house or room—except carers • Keep toilets, bathrooms and towels clean • Wash your hands a lot



Coronavirus Update - Reminders



Annual Health Check

You can have an annual health check each year.

You need to contact your doctor's surgery to make an appointment.

There are full details in easy read at this website

[Information about annual health checks](#)



Flu Vaccination (Sometimes called **flu jab**)

This protects you against flu which is a serious chest infection.

This is not for coronavirus which does not have a vaccine yet.



Every person with a learning disability **and** their carers should have a flu vaccination.



If you have not been sent an appointment you should contact your doctor's surgery.

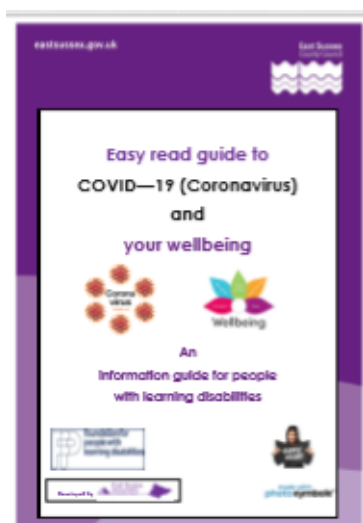


Coronavirus Update - Wellbeing



Things are changing now and there are lots of new rules

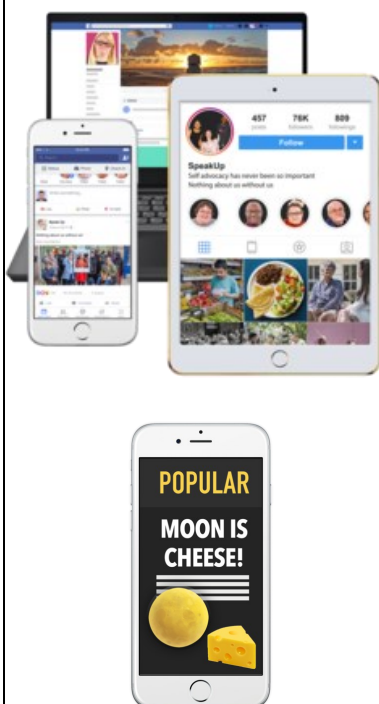
This may make us feel worried or concerned



Our wellbeing guide is on the East Sussex website here -

It gives lots of ways of coping with feeling worried, lonely or sad.

[Coronavirus wellbeing easy read guide](#)



If all of the coronavirus news makes you feel worried, try to limit how often you watch news programmes. Only take notice of official tv or radio channels that you can trust.

Social media can have lots of stories that are worrying and may make you anxious.

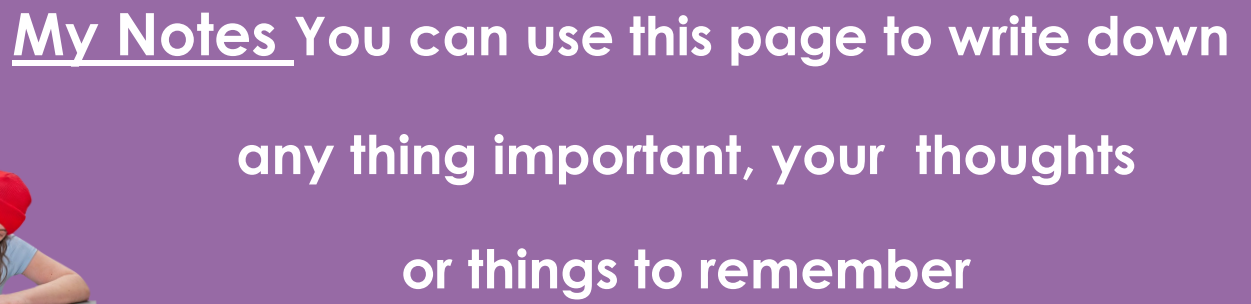
Remember these are not always true.

If you are not sure ask a family member or carer to help you understand what is likely to be right.

Coronavirus Update

Support

	<p>If you are concerned or worried, you should speak to your support staff or someone that you trust</p> <p>If this does not help and you are concerned about your mental health, you or your supporter can contact your social worker or resource officer (if you have one)</p>
	<p>If you have a social worker or resource officer, they can help you to get support. contact the Community Learning Disability Team or Transitions team on:</p>
	<p>⇒ Community Learning Disability Team (East) Cavendish House, Hastings on 01424 724900</p> <p>or</p> <p>⇒ Community Learning Disability Team (West) Bellbrook Centre, Uckfield on 01323 747117</p> <p>or</p> <p>⇒ Transitions Service St. Mary's House, Eastbourne on 01323 466166</p>
	<p>If you do not have a social worker and need advice you can contact:</p> <p>Health and social care connect on 0345 60 80 191 Open 8am to 8pm - 7 days a week</p> <p>Or Email: hsc@eastsussex.gov.uk</p>

[illegible]