

Updated Information about COVID-19 – Novel Coronavirus (14th April 2020)

Key additions from previous version in highlight (an overall refresh has also been undertaken)

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. Numbers of cases and hospital admissions and numbers of cases are showing some sign of plateauing. Please see slides from national press conference on 13h April 2020 [here](#) and press conference can be seen [here](#). Following the “stay at home” messages remains critical, but it is crucial also that people know that they can and should still seek the medical care they need. Information about the upscaling of testing programmes can also found [here](#).

People are required to stay at home, except for certain essential activities, including seeking the medical care they need. Non-essential shops and community spaces are closed, and gatherings of more than two people are not allowed – see [here](#) and [here](#). This remains critical for reducing spread and protecting the most vulnerable, and protecting the NHS.

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. 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](#), as well as local guidance about mental health services in Warwickshire [here](#) and Coventry [here](#). Guidance about how people can help friends and family safely can be found [here](#). There is also some new Sports England guidance about staying active - [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.**

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 - videos are now also available. Please note that many of the guidelines below have also had translated versions. 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](#)

Support for people in the extremely vulnerable category can be accessed in both Coventry and Warwickshire – please see:

<https://www.warwickshire.gov.uk/coronavirusvulnerable>

https://www.coventry.gov.uk/info/1/council_and_democracy/3551/covid-19_coronavirus/8#1

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 national guidance is published [here](#), and this contains guidance for a range of partners/sectors. An alternative way of accessing some of the key information and guidance can now be found [here](#). Additional useful guidance can also be found elsewhere on the gov.uk website. Hospital discharge guidance relevant to NHS and social care can be found [here](#). New guidance regarding social distancing in the workplace has been published [here](#) and guidance for the charity sector can be found [here](#). A suite of guidance for educational settings has been published [here](#). Guidance regarding children's social care can be found [here](#) and some safeguarding guidance for community volunteers has been issued [here](#). **New guidance for staff looking after people who lack mental capacity has been published [here](#).**

The West Midlands Strategic Migration Partnership have brought together a range of resources relevant to refugee and migrant communities [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 Coronavirus Whatsapp Information Service is also available, 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.

The national coronavirus status checker can be found [here](#) - anyone with coronavirus symptoms is being asked to use the checker to create a rich national dataset which will help inform interventions going forward, and to monitor impact.

Campaign materials for the Stay at Home Save lives campaign (Act Like You've Got It, Anyone Can Spread It), can be found on the national campaign site [here](#). There are some resources designed for young people and resources for hospitals, GPs and pharmacies. There are also some new easy read materials, materials in British Sign Language, audio versions, and new translated versions. **There are also some new resources about home isolation, even if you have mild symptoms.**

The Children's commissioner has produced a [children's guide](#) to Coronavirus. This should be circulated alongside the [NHS handwashing video](#)

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](#),