

Updated Information about COVID-19 – Novel Coronavirus (29th June 2020)

Changes highlighted

Current situation

The national test and trace programme was launched on Thursday 28th May 2020. [Information about the programme](#) and [guidance for workplaces](#) is available.

Please read this in conjunction with more detailed guidance on the [NHS coronavirus webpage](#) and [national guidance outlining what coronavirus test results mean](#).

Please also see [national stay at home guidance](#) (for households with possible COVID-19 infection) and see [here](#) for [guidance for non-household contacts of confirmed cases](#).

Additionally [a letter about test and trace for care staff has](#) been published, [alongside an external stakeholder briefing](#). [A Q&A document regarding 119](#) has also been disseminated.

The Test and Trace programme alone will not be successful unless we continue to observe social distancing rules. Minimising unnecessary contact with people, within the guidance, remains a key message as we move forward.

[A review has also just been published by PHE](#) regarding disparities in risks and outcomes related to COVID-19. Addressing the findings of this review is crucial as we go through the next phase of epidemic management. [A report with a series of recommendations regarding reducing the impact of COVID-19 on BAME communities](#) has just been published in response to this review. [A webinar](#) is also being held on Tuesday 23rd June about how to use Marmot principles to tackle health inequalities during the pandemic.

On 23rd June the [Prime Minister announced further measures](#) to come into place on 4th July, including [opening up of further businesses](#) (whilst some need to continue to be closed), as well as [new rules around social distancing both in a social context](#) (see also guidance [here](#)), but also in the workplace (note latter also comes into place on 4th July 2020).

[Current guidance \(to 4th July\) regarding meeting people outside your household](#) can be found here, which includes guidance about social bubbles, i.e. single adult households – in other words adults who live alone or with dependent children only – can form a ‘support bubble’ with one other household.

A [new plan for people who are currently shielding \(“clinically extremely vulnerable”\)](#) has also been published, and which will take effect from 6th July 2020, but further guidance is awaited

All of the above forms part of the government's published [Covid-19 recovery strategy \(GOV.UK\)](#). This was published on 11th May 2020 and sets out the way in which a cautious approach will be taken to restarting certain activities in England over a period of weeks/months in the next phase of the Covid-19 epidemic.

[A PHE blog](#) has also been published about COVID-19 and summer temperatures

National data sources

- [GOV.UK - latest number of coronavirus cases and risk in the UK](#)
- [GOV.UK - Public Health England weekly surveillance reports](#)
- [Regional estimates for the value of R](#)
- [NHS Test and Trace Experimental Statistics](#)
- [New ONS data regarding overall mortality rates at lower tier LA level](#)

Current Key Messages and local Public Health advice (to be reviewed on 4th July 2020)

- **Stay at home and work from home if you can.** If you are unable to work from home, ensure you only return to work once your employer has put in place government advised measures to ensure a safe workplace.
- **Avoid public transport** and walk/cycle if, and when, you do need to go to work.
- You can exercise outdoors as often as you wish and play sports with a group of up to 6 people. **Always stay 2 metres away from others.**
- You can meet with a group of 6 people in total outside, as long as 2m distance is maintained between individuals. This can be in private gardens, but not inside.
- [Single adult households - in other words adults who live alone or with dependent children only can now also form a "social bubble"](#) with one other household
- Other than for the above reasons, **limit leaving the house except for certain essential activities** (shopping for necessities, such as food or medicine), any medical need, or providing care to a vulnerable person.
- Follow [current national guidance](#) and **stay at home as much as you can if you have a long-term condition, are pregnant, or aged 70 or over.** People who are "extremely vulnerable" and are currently shielding should continue [following national guidance](#) to protect them from infection (updated on 31st May 2020)

- **Self-isolate with those in your household if you develop Covid-19 symptoms (however mild).** It is critical that you also access medical help you need for other reasons, when you need it - by phoning your GP or 999 in an emergency.
- **Get tested if you develop symptoms**, via www.nhs.uk/coronavirus or by ringing 119
- **Wash your hands regularly with soap and water** and clean surfaces that are regularly touched with detergents and chlorine-based disinfectants (1000 ppm chlorine). Wash your clothes regularly.
- **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.
- **Please see advice regarding wearing cloth face coverings (GOV.UK) in certain situations** (enclosed spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet). Rigorous hand washing before and after putting on face coverings, avoiding touching your face and appropriate washing of coverings is critical. **Note that wearing face coverings on public transport is mandatory from 15th June 2020. Face coverings are also now mandatory for all hospital visitors and those attending outpatients from 15th June. Type I or Type II surgical masks will be worn by all hospital staff from that date also.**
- **The Coventry and Warwickshire Carry on Vaccinating campaign launches today – campaign packs can be found at the links**

Please see further national guidance here

- [Guidance on staying safe outside your home](#)
- [Staying alert: Guidance on what you can and can't do](#)

Mental Wellbeing

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. There are also many other ways in which we can look after our own wellbeing and that of others. A range of resources and guidance for maintaining and improving mental wellbeing can be found at the links below:

- [Frontline staff and volunteers involved in COVID-19 response now able to access Psychological First Aid Training](#)
- [GOV.UK - Covid-19: guidance for the public on mental health and wellbeing](#) (updated 25th June 2020)

- [GOV.UK - Covid-19: guidance on supporting children and young people's mental health and wellbeing \(updated 25th June 2020\)](#)
- [Mental Health Foundation - Looking after your mental health during the coronavirus outbreak](#)
- [Warwickshire County Council – mental health advice and resources during the coronavirus outbreak](#)
- [Coventry City Council – mental health service information during Covid-19](#)
- [Sports England - Stay in, work out](#)
- [Getting outside and staying safe outside – a new resource from Ordnance Survey and Natural England \(to help people to decide where to go and what to do outside\)](#)
- [Living Well with Dementia in Warwickshire – support services for people living with or caring for someone with dementia in Coventry and Warwickshire](#)
- [Warwickshire County Council - Helping you manage your wellbeing if you care for someone during the Covid-19 outbreak \(PDF, 109KB\)](#)
- [Coventry City Council – Carers coronavirus information pack](#)
- [MARCHNetwork.org – social study looking at the psychological and social experiences of adults during the current Covid-19 epidemic](#)

Key public facing advice and support for vulnerable groups

Key links for public advice can be found at the links below:

- [NHS.UK - latest NHS information and advice about coronavirus](#)
- [GOV.UK - latest coronavirus guidance and support, announcements and press conference statements](#)

The GOV.UK website and translated guidance below will be in the process of being refreshed with new guidance shortly.

Translations and more accessible guidance

National advice documents have been translated into 51 languages courtesy of Doctors of the World.

- [Doctors of the World – coronavirus information in other languages](#)

National guidance is also included on the Welcome to Coventry app. The app relates to Coventry, but the information about Covid-19 is based on national guidance, is updated daily and the Browsealoud (orange button) allows people to have the text read to them and to also translate this into multiple languages.

- [Welcome to Coventry – Covid-19 guidance with Browsealoud](#)

Support for people in the extremely vulnerable category (i.e. “shielding”):

- [Warwickshire County Council – Coronavirus: support for isolated, vulnerable residents](#)
- [Coventry City Council – Coronavirus: Operation Shield support advice](#)

Support and services for people who might be vulnerable and staying at home due to coronavirus:

- [Warwickshire County Council – get self-isolation help](#)
- [Coventry City Council – community support](#)

Information and support for people who experience domestic violence:

- [Talk2someone Warwickshire](#) - a new website just launched in Warwickshire
- [West Midlands Police and Crime Commissioner – no excuse for abuse](#)

Information and support for people who may be bereaved:

- [Support for the bereaved](#)

Travel advice

Travel advice is changing regularly as the situation changes internationally. The Foreign Office recommends against all non-essential travel worldwide. New advice regarding the need to self-isolate (from 8th June 2020 onwards) on return to the UK (and exemptions to this) can be found also via the link below

- [GOV.UK - Coronavirus travel advice](#)

Useful guidance, resources and communications materials

- National guidance for a range of partners/sectors - [GOV.UK - Coronavirus guidance](#)

- An alternative way of accessing some of the key information and guidance - [GOV.UK - Coronavirus guidance and support](https://www.gov.uk/guidance/coronavirus-guidance-and-support)

A number of guidance documents were updated at these links on the 15th May 2020 including guidance for care of the deceased/funerals, guidance for employers and educational settings, guidance for decontamination in non-healthcare settings, guidance for businesses and food businesses and guidance regarding exposed health and care staff and patients. Infection control guidance has also been updated.

Additional useful guidance can also be found elsewhere on the GOV.UK website and is listed below:

- [Safer travel guidance for passengers](#)
- [Guidance on safe use of places of worship \(now open for individual prayer from 13th June 2020\)](#)
- [Guidance for workplaces – how to make workplaces “Covid-19 secure” \(includes new “Shops and Branches” guidance updated on 26th May 2020\)](#)
- [GOV.UK - Guidance on social distancing in workplace](#)
- [Social distancing guidance for workplaces](#)
- [Health & Safety Executive - How to perform a Covid-19 risk assessment](#)
- [Guidance for the charity sector](#)
- [Guidance for schools and other educational settings \(a n](#)
- [Guidance for early years and childcare providers \(updated on 23rd June 2020\)](#)
- [Planning guides for primary and secondary schools \(updated 15th June 2020\)](#)
- [New training materials for teachers regarding teaching about mental wellbeing](#)
- [Guidance on access to PPE for schools](#)
- [Actions for higher education providers](#)
- [Adult social care action plan \(PDF, 284KB\)](#)
- [Support for care homes guidance \(published 15th May 2020\)](#)
- [Suite of adult social care guidance \(new care home guidance and home care guidance has been published, alongside guidance regarding reducing risk to the workforce and guidance on testing\)*](#)
- [Guidance for staff supporting adults with learning disabilities and autistic adults](#)
- [Children’s social care guidance](#)
- [Guidance for staff looking after people who lack mental capacity](#)
- [Guidance for drug and alcohol service commissioners \(updated 15th May 2020\)](#)
- [Guidance for consumers about coronavirus and food](#)
- [Guidance for food businesses \(updated 25th June 2020\)](#)
- [Hospital discharge guidance](#)
- [Guidance on immunisation training during the pandemic](#)
- [Guidance \(including for parents\) about staying safe online](#)
- [Safeguarding guidance for community volunteers](#)
- [Guidance on disposal of personal protective equipment for the public](#)
- [Guidance regarding health inequalities and COVID-19](#)

* [Home care guidance](#) (recommend to read all) - summary of public health changes:

- anyone being cared for by home care provider should be cared for as possibly COVID-19 positive for 14 days on discharge irrespective of test result.
- staff should working in "care groups" with some looking after shielded people and other groups to support vulnerable people and everyone else
- importance of reducing contact between staff

* [Care home guidance](#) (recommend to read all) - summary of public health changes (full changes listed at top of guidance)

- anyone being admitted to a care home should be isolated for 14 days recommendation of twice daily temperature checks and other tools to detect if a patient is unwell
- wider range of symptoms now included, and recommend reporting to PHE based on this wider range of symptoms
- guidance regarding supporting individuals who may need hospital care
- section regarding individuals who lack capacity
- section regarding closure of home
- visitor guidance is being reviewed
- section on Test and Trace
- section on restricting workforce movement
- extra guidance about waste

Warwickshire and Coventry have produced local guidance for domiciliary care/visiting staff and some local care home guidance regarding test interpretation. Please always check here for the latest versions.

- [Guidance for staff who provide personal care/therapy for individuals in homes and visiting staff \(PDF, 1.2MB\)](#) (under review in light of new guidance)
- [Guidance for care homes on interpretation of staff and resident COVID test results](#) (under review in light of new guidance)

Guidance for migrant communities

The [West Midlands Strategic Migration Partnership website](#) brings together a range of resources relevant to refugee and migrant communities.

The [NHS entitlements: migrant health guide](#) has been updated to make it clear that no charge can be made to overseas visitors for testing/treatment of Covid-19 (this goes for all communicable disease, sexual health services, and a range of other exemptions including primary care and emergency care, NHS111, with a range of further exemptions for vulnerable individuals.

The [Welcome to Coventry website](#) has a list of free and paid services for asylum seekers, refugees and migrants that can be translated into different languages.

[Latest information from the NRPF network](#) has been published.

The [International Organisation for Migration](#) has published some multilingual information regarding COVID-19

Migrant Voice and Mifriendly Cities are hosting an [online media lab session](#) on Tuesday 30th June 2020 – 10:45 – 14:30

Doctors of the World have just [produced a briefing](#) outlining key recommendations to support homeless communities, following a rapid needs assessment.

Campaign resources, research and testing guidance

The Coronavirus Emergency Measures Bill has been brought before parliament and a summary of the key impacts has been published:

- [GOV.UK - Coronavirus bill: summary of impacts](#)

Public Health England (PHE) has issued advice against the use of Covid-19 rapid tests that are being marketed:

- [Public Health England - rapid point of care tests for use in community pharmacies or at home](#)

PHE has pulled together a bank of resources to help those working on the coronavirus outbreak to identify and assess emerging evidence as it's published:

- [Public Health England – Finding the evidence: coronavirus](#)

A new blog about real-time tracking of the virus has been published

- [Public Health England – real-time tracking of COVID-19](#)

Campaign materials can be accessed on the national campaign website:

- [GOV.UK - Coronavirus resource centre](#)

A range of new resources have been added regarding the Test and Trace Programme (including a range of resources for BAME communities), littering and face coverings, as well as new resources from DEFRA about staying safe whilst outside and whilst shopping, and further return to school resources:

[Schools campaign resources](#)

[Return to school campaign resources](#)

New resources have been added to the main campaign centre site, including “active at home” guidance to support older adults with home based activities to maintain strength and balance and new test and trace resources.

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

Online Learning

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

- [Future Learn – Covid-19: tackling the Novel Coronavirus](#)

Imperial College London has also developed an online Covid-19 course:

- [Coursera.org - Science matters: Let’s talk about Covid-19](#)