



Coronavirus information Community brief

Stay at home – save lives

The single most important action we can all take, in fighting coronavirus, is to stay at home to protect the NHS and save lives. You should only leave your home for the following reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Advice for multi-generational households

We appreciate that many Luton families live in multi-generational homes, which makes it more challenging to keep your distance while self-isolating. However it is vital that the government advice is followed to slow the spread of the virus.

It's really important to try to keep people who are vulnerable (aged over 70, underlying health condition, pregnant) away from others who may have symptoms, this is called 'shielding'.

Coronavirus symptoms are:

- a new persistent cough- this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours
- a fever (high temperature) – this means you feel hot to touch on your chest or back

Please follow these tips to help protect yourself and others in your home:

- discuss as a family how self isolation might work in your house and why it is important
- with more people living in a house it is even more important to wash hands with soap and water regularly for at least 20 seconds and clean surfaces, phones and door handles frequently
- it's important to try to keep family members who are vulnerable (aged over 70, underlying health condition, pregnant) away from people who may have coronavirus symptoms (fever or persistent cough)
- try to keep a distance of two metres (three paces) if you need to be in the same room unless you are providing personal care, such as bathing - this is called social distancing
- if it's not possible to move them to a different place to live, try to identify a room where they can be separate from other people in the household
- wash hands with soap and water before and after looking after any vulnerable family members



Looking after your health and wellbeing

Coronavirus and its impact can create worry and stress for many people. To help stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

For more tips and advice visit www.luton.gov.uk/coronavirus and select **Physical and mental wellbeing when staying at home.**

Need help?

Our call centre is experiencing a high volume of calls, so please help us to help the most vulnerable in our community.

If you are a vulnerable person – aged over 70 and/or with underlying health conditions – and require urgent help, please contact **01582 547659**. Anyone else requiring assistance of any kind should visit www.luton.gov.uk/coronavirus and select **Volunteering - how you can help or seek help.**

See also the stay at home guidance in community languages at www.luton.gov.uk/coronavirus and select **Campaign toolkit and translations.**

GOV.UK Coronavirus Information Service on Whatsapp

The government has launched a new free service - GOV.UK Coronavirus Information Service on WhatsApp providing official, trustworthy and timely information and advice. It is an automated service which will allow you to get answers to the most common questions about coronavirus direct from the government.

To use this free service on WhatsApp, simply add **07860 064422** in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Helping others

If you feel you can offer help to someone who needs it, such as elderly residents, pregnant women and vulnerable families, please email volunteering@luton.gov.uk

We can put you in touch with trusted groups working in your area who are supporting the needs of local people.