

Tooting and
 Furzedown
COVID-19
ADVICE
 APRIL 1st 2020

CORONAVIRUS (COVID-19) Advice for older people: STAYING HOME TO KEEP US ALL SAFE

The Government has asked everyone in the UK to stay at home (known as a lockdown). This means even people who may not be at a high risk should only leave the house for limited reasons (listed over) and must self-distance. These measures are to help prevent the spread of the virus, and protect the most vulnerable.

How long will this last?



Currently these emergency restrictions will be reviewed in mid April (at Easter) but are likely to be extended until May, possibly June.

People who are at high-risk of severe symptoms if they become ill, are being advised to 'Shield' themselves and self-isolate at home for **at least 12 weeks** which will be in **mid June**. Some restrictions are likely to be in place for months after that.

Who needs to Self-isolate (Shield) themselves?



The most vulnerable people who need to shield themselves for **12 weeks should already have been contacted by NHS** and include adults and children who have a condition or are taking medicine that makes them much more likely to get infections, undergoing cancer treatment, with severe lung conditions, pregnant women who have a serious heart condition and people who've had organ transplants - plus their families and carers.

If you have NOT received an NHS letter but think you are vulnerable please contact your doctor with any questions. People over 70 are not necessarily considered vulnerable unless they have other underlying conditions - but may want to shield themselves to keep safe and help the NHS.

Anyone showing symptoms like a temperature, need to shield themselves for **7 days** if living alone, **14 days** if living with other people.

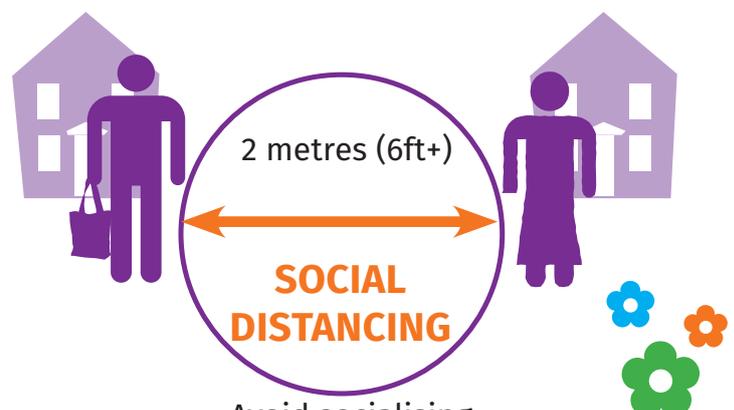
What is the difference between 'Social distancing' and 'Social isolation'?

The new government guidelines (30 March 2020) state that people over 70 need to be particularly stringent in following 'Social distancing' measures but **do not need to 'Shield' themselves** if they and the people they live with are fit and well. Exercise like short walks are allowed (maintain a distance of over 6ft) but it is advised to take up neighbour's offers to collect groceries, walk pets etc and to use telephone and home deliveries.

Those Social isolating (Shielding) must stay in their homes/garden with no outside contact apart from essential visitors like NHS or care workers, with shopping delivered to doorstep & contact family friends by phone or online.



- No social contact
- Remain in your home/garden
- Get essentials delivered



- Avoid socialising
- Don't go out unless for essential shopping or exercising (once a day)
- stay over 6ft apart from others

SOCIAL DISTANCING? You should only leave the house for 1 of 4 reasons:

- 1. Shopping for basic necessities**, eg food and medicine, which must be as infrequent as possible & online delivery used wherever available.
- 2. One form of exercise a day**, eg a walk or cycle – alone or with members of your household. Please stay local and use open spaces.
- 3. Any medical need**, or to provide care and essential support to a vulnerable person.
- 4. Travelling to and from work**

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are over 6ft apart from anyone outside of your household.

TIP: Stay in touch with friends & family: phone, write or email. Go online & join Facebook or Twitter. Visit ageuk.org.uk to see how easy it is to do video calls

TIP: Get into a routine, keep busy, spring-clean, decorate, do your normal hobbies or try something new!

TIP: Don't watch too much news which can cause anxiety, but do read newspapers and magazines

TIP: Exercise at least 20 min a day, go for a walk or do gardening, or try chair-based exercises, Tai-Chi, TV dancing! Eat healthy meals & drink plenty of water.

TIP: Community events - on Thursday at 8pm people are going out to applaud the NHS, or look out for window rainbows drawn by local children

Tooting & Furzedown local help and support:

Wandsworth Council COVID-19 Community Hub support: 020 8871 6555

Contact **Tooting Together: 0808 168 5339** or visit www.tooting.org

Furzedown Project: 020 8677 4283

Join the **Furzedown Network** online chatgroup by sending a blank email to furzedown+subscribe@groups.io

National helplines

📞 **Age UK advice Line: 0800 678 1174** 📞 **The Silver Line: 0800 47080**

📞 **Action on Elder Abuse: 0808 808 8141** 📞 **Action Fraud: 0300 123 2040**

Staying safe and well at home

Hygiene: wash your hands frequently, cover your mouth if you cough or sneeze, put used tissues in bin (not recycle), avoid touching your face.

Make a list of the things you need day to day including food, household essentials and medication. Don't forget to think about the things you may want to keep going with **hobbies and interests** at home.

There is **no need to stockpile**. Shops and pharmacies will keep refreshing their supplies. Many shops are also restricting access to the wider public at certain times of day to allow older people to shop first.

Beware of Covid-19 scams

Many people are offering to help and support to anyone in their communities who are staying at home. Although the majority of them are genuine, sadly, there may be some who try to take advantage.

Don't feel pressured to accept help from a stranger - ask where they live and get contact details. Offers of help for most things should be free of charge eg dog walking. If someone offers to do your shopping, ask for a receipt so you can pay them on their return not before.

If someone claims to be from a recognised organisation, don't be afraid to ask to see proof and check with the organisation itself.

Scammers have set up bogus websites to sell things like masks, also telephone fraudsters are impersonating Doctors & health officials to ask for money or personal information. NEVER click on email links or attachments eg from banks or organisations demanding payment, offering Covid-19 refunds, or listing infected people in the area etc. If in doubt ask someone else's opinion.

Neighbour's contact number:

This information is a summary from www.ageuk.org.uk, www.nhs.uk and www.gov.uk, please visit them for more information