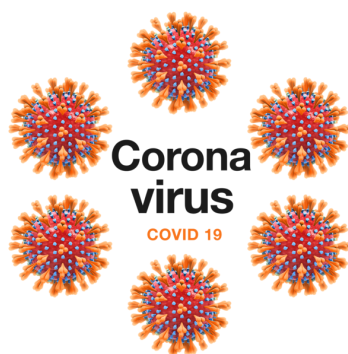




Easy read guide to COVID—19 (Coronavirus)

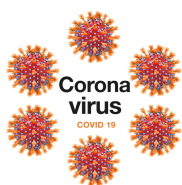


Latest Guidance 5th January 2021

**An information guide for people
with learning disabilities
in East Sussex**



How to use this booklet



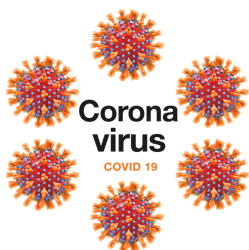
This guide will tell you about some of the new government updates and rules about **COVID—19 (Coronavirus)**

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

	New rules from 5th January	4
	Tier 5 - Lockdown rules	5 - 12
	Rules for those who are Clinically Extremely Vulnerable	13
	Vaccine News	14 - 16
	Reminders - symptoms and what to do	17 - 18
	Wellbeing	19
	Contact Numbers	20
	Notes page	21

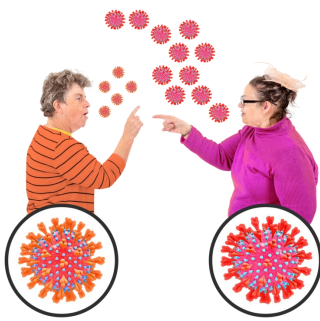


Coronavirus New Rules - From 5th January 2021



These are the new Government rules and advice for England from 5th January 2021.

These rules are likely to be until **February** but will be updated every two weeks.



You may have heard on the television or radio that the coronavirus has a new 'variant' - this means the coronavirus has changed and is slightly different.

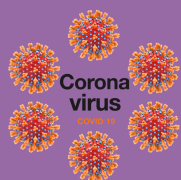
Scientists have told us it can be spread more easily and case numbers have been going up.



There are also more people in hospital now so the Government have decided that the whole of England must move into **Alert Level 5.**



Alert Level 5 means everyone must stay at home as much as possible.



Coronavirus New Rules - From 5th January 2021



These are the new Government rules and advice for England from 5th January 2021.



The most important things you can do to help stop the spread of coronavirus are -

STAY AT HOME

WASH YOUR HANDS MORE THAN USUAL

STAY A SAFE DISTANCE AWAY FROM PEOPLE YOU DON'T LIVE WITH



People can have the virus without feeling ill.

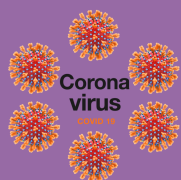
They would still spread the virus to other people without knowing it.








If you leave home without a '**reasonable excuse**' you can be fined by the police.



The next pages will tell you when you are allowed to leave your home (when you have a reasonable excuse to leave)



Coronavirus New Rules - From 5th January 2021

	<p>These are the new Government rules and advice for England from 5th January 2021.</p>
	<p>A reasonable excuse to leave home includes the following -</p>
	<p>You are allowed to go to work if you cannot work from home.</p>
 	<p>You can go to shops which are open. These include -</p> <ul style="list-style-type: none"> • food shops, • chemists, • takeaway food shops, • banks or building societies and solicitors, • Libraries, only to provide internet access, • Vets, • Jobcentre Plus offices.
	<p>You can visit people in your support bubble. This means people who could provide support for you if you have a disability or if you live alone.</p>



Coronavirus New Rules - From 5th January 2021



These are the new Government rules and advice for England from 5th January 2021.

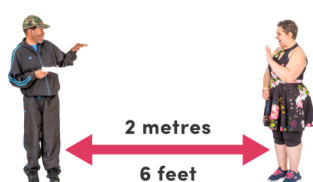


You should **only go out for exercise once a day** and you should stay in your local area.



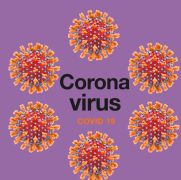
You can exercise

- outside on your own, in household groups or support bubbles.
- You can also exercise outside with **1** person from a different household.
- You must stay a safe distance from people you do not live with.



Children under 5 do not count towards the total of people allowed to meet outdoors.

Up to 2 supporters for a person with a disability do not have to be counted in the total number of people either.



Coronavirus New Rules - From 5th January 2021

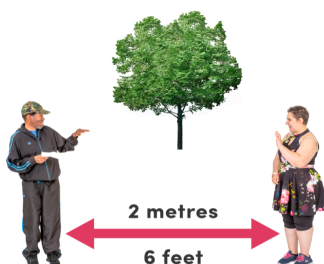


These are the new Government rules and advice for England from 5th January 2021.



You **are** only allowed to exercise in public outdoor spaces like -

- Parks, beaches, countryside, woods;
- Allotments
- Outdoor sports courts

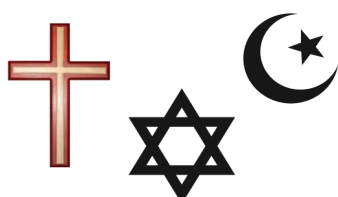


You **are not** allowed to meet in private gardens unless you are from the same household or support bubble.



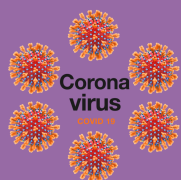
You **are** allowed to go outdoors for medical reasons -

- To get a Covid-19 test;
- To attend a medical appointment at the doctor's or hospital;
- Or if you need urgent medical treatment.



You **are** allowed to attend a place of worship but you must not chat to people you do not live with either before or after the service.

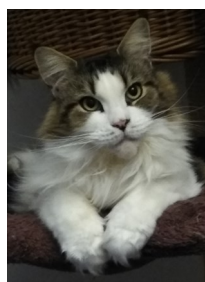
Singing indoors is not allowed.



Coronavirus New Rules - From 5th January 2021



These are the new Government rules and advice for England from 5th January 2021.



You are allowed to go out to a vet's for treatment or advice.



You are allowed to leave home to visit someone in hospital or a hospice who is not expected to live.



You can leave your home to escape from harm, if the fire or smoke alarm goes off or you need to keep yourself safe.



You can go out to visit a foodbank.



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



Coronavirus New Rules - From 5th January 2021



These are the new Government rules and advice for England from 5th January 2021.



Schools colleges and universities **are** closed and lessons will be online.



Nurseries and other childcare services **are** allowed to stay open.
Families with a child under 13 can form a childcare bubble with one other household.



Weddings **are not** allowed **unless** one of the couple are very ill and not expected to live. These weddings are limited to 6 people.



30 people **are** allowed to attend a funeral. Only 6 people are allowed to meet after the funeral.



The best thing to do is to **STAY AT HOME** as much as you can.

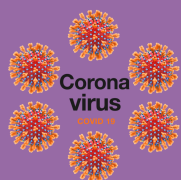


Coronavirus New Rules - From 5th January 2021



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

	Clothes shops		Swimming pools, water and theme parks
	Aquariums, zoos and safari parks		Amusement arcades and funfairs
 Nails	Nail bars, spas and massage parlours		electronics and mobile phone shops
	Tattoo and piercing parlours		Bingo halls
	Indoor go-karting		cinemas



Coronavirus New Rules - From 5th January 2021



These shops and businesses are not allowed to open -



Hotels, guest houses and campsites



Bowling alleys, leisure centres and gyms



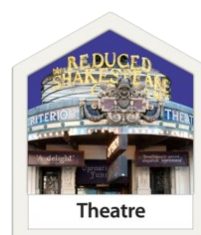
tobacco and vape shops



Fitness and dance studios



All pubs, restaurants and cafes (they can still do takeaways until 11pm)



Theatres



Museums, galleries, indoor zoos, tourist attractions



Beauty salons, hairdresser, barbers



Circuses, fairgrounds and funfairs



Coronavirus - New Rules for the Clinically Extremely Vulnerable in England



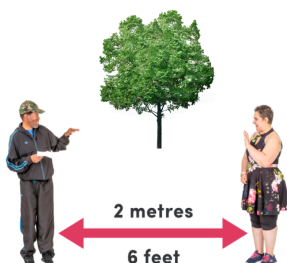
Up to date government information for people who are clinically extremely



People who are **clinically extremely vulnerable** will receive a letter telling them that they should be shielded to reduce the chance of catching coronavirus.



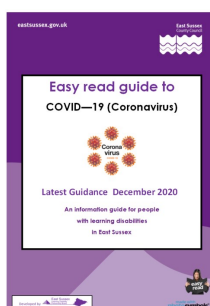
You are **strongly advised to work from home**. If this is not possible you should **not attend work**.



You can go outside but must stay at least 2 metres away from anyone you do not live with.
You are advised to **stay at home** as much as possible.



You are advised not to go to the shops. Ask friends, family or **NHS Volunteer Responders (0808 196 3646)** 8am - 8pm, to get shopping or medication for you.



There is an Easy Read guide for people who are Clinically Extremely Vulnerable in East Sussex, it tells you what help and support is available

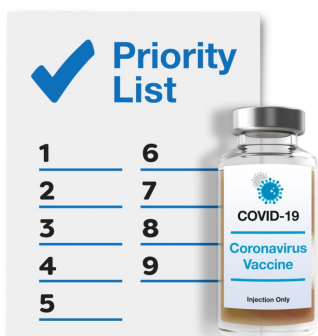
Click here: eastsussex.gov.uk/easy-read-covid



Coronavirus - Vaccination News



A vaccine is an injection which helps your body get ready to fight the coronavirus.



2 vaccines have now been approved by experts for use in the UK. These are made by Pfizer and Oxford Astra-Zeneca.

The vaccine is being offered to people in the following order -

- People who live in care homes for older adults and their staff
- People aged over 80 and frontline health and social care workers
- Everyone over aged 75 and over
- Everyone aged 70 and over, and those who are clinically extremely vulnerable
- Everyone aged 65 and over
- People aged 16 - 64 who have underlying health conditions



The **NHS will phone** you or send you a text to invite you to make an appointment to have the vaccine.

The vaccine is free. You should not be asked to give any bank details when you received a call from the NHS



Coronavirus - Vaccination News



You will be given the option to choose if you want to have the vaccine.

Here are some facts to help you decide -



The vaccine has been tested on thousands of people.

Any side effects (reactions to the vaccine which make you feel ill) have been recorded and checked to make sure they are not serious.



The experts have checked all these results and are sure that it will be safe for most people to be vaccinated.



You will need to have 2 injections, the second one will be within 12 weeks after the first one.



You will be asked to sign a form to say you agree to having the vaccination.



Coronavirus - Vaccination News



You will need to arrange transport or someone to take you to the hospital or doctor's surgery where you are having the vaccination.



When it is your turn you will be called in to have your vaccination.



The vaccine is injected into your arm.



You will be asked to wait for 15 minutes after the injection to double check you are ok.


Some people might feel achy or have a temperature but you will not be able to catch coronavirus a week after the second injection.



Mencap have Easy Read information **about the vaccine** on their website which you can find [Here](#)



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



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

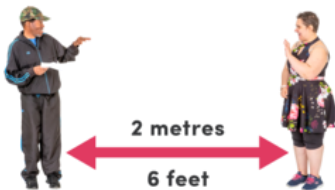
Wash your hands

Keep washing your hands regularly for 20 seconds



Cover your face

wear a face covering when you are indoors in public places



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



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. Hold down Ctrl button and click here

[Exemption from face covering card](#)

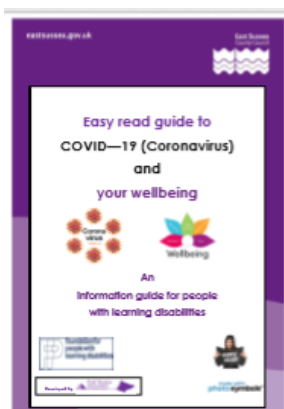


Coronavirus Update - Wellbeing



Things are changing now and there are lots of new rules

This may make us feel worried or concerned



ESCC Easy Read Wellbeing Guide is on the East Sussex website here - The guide tells you about '5 Ways To Wellbeing' and ways of coping with feeling worried, lonely or sad.

Click here for the Wellbeing guide and other ESCC easy read Coronavirus information
eastsussex.gov.uk/easy-read-covid



The Foundation for People with Learning Disabilities has an easy read guide called **'Feeling Down: looking after my mental health'** which has some really **helpful information** and advice

You can download the 'Feeling Down' guide here [Easy Read Information about mental health](#)



Mencap have produced Easy Read guides about coronavirus, scams and keeping well. They can be found [here](#)

Coronavirus Update

Support



If you are concerned or worried, you should speak to your support staff or someone that you trust

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)



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:

⇒ **Community Learning Disability Team (East)**
Cavendish House, Hastings on 01424 724900

or

⇒ **Community Learning Disability Team (West)**
Bellbrook Centre, Uckfield on 01323 747117

or

⇒ **Transitions Service**

St. Mary's House, Eastbourne on 01323 466166

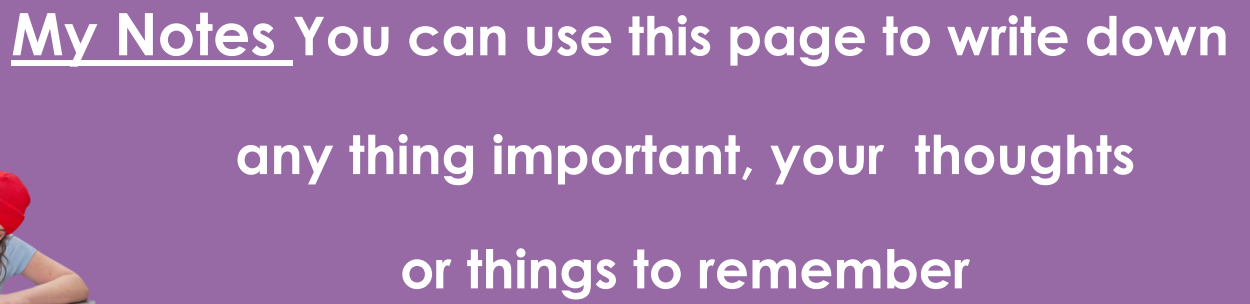
If you **do not** have a social worker and need advice you can contact:

Health and social care connect on

0345 60 80 191 Open 8am to 8pm - 7 days a week

Or Email: hsc@eastsussex.gov.uk



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