



CORONAVIRUS (AKA COVID-19)

ADVICE FOR HOMELESS PEOPLE INCLUDING THOSE SLEEPING ROUGH

Please note: The situation is fast moving, and as such, at HARP we may be unable to keep up with the pace of changes that may come in to effect. Therefore, it is important for all of us to keep up to date with the news and the latest recommendations from central Government wherever possible. If you are able to, please keep up to date with the news and by checking official Government websites for advice.

The NHS hub for Coronavirus/Covid-19 updates is here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The Government hub is here: The Government hub is here: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

What is Coronavirus?

Coronavirus is a new virus which has infected an estimated 10 to 15,000 people in the UK. Coronavirus causes an illness called COVID-19 that can affect your lungs and airways. In the UK, the government has issued advice to avoid catching it or spreading it. We have adapted this advice for those who are homeless or rough sleeping in Southend.

Why it's important

Symptoms can be similar to a common cold or flu but coronavirus can be particularly

dangerous if you have existing health problems or a weak immune system. We know that many of the homeless community have health conditions that make them more vulnerable so we want everyone to be as safe as possible.

How to stay safe

Reduce your risk of coronavirus infection:



Frequently clean hands by using alcohol-based hand rub or soap and water

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough




HM Government




CATCH IT.


BIN IT.


KILL IT.

General advice: wash your hands with soap and water often, for at least 20 seconds.

We know this will not be so easy if you are rough sleeping but whatever you can do will help avoid spreading the virus. Pop into public toilets more often that you would

Cont. on reverse

usually and use the facilities at services you use to wash your hands whenever you can.

If there is hand sanitiser gel in any of the facilities or service you use, use this when you enter or leave the room or building.

General advice: cover your mouth and nose with a tissue or your sleeve (*not your hands*) when you cough or sneeze.











If you don't have tissues, cough or sneeze into your sleeve will help keep your hands virus free.

If you do use a tissue, put it in a bin straight away and wash your hands as soon as possible afterwards.

General advice: try to avoid close contact with people who are unwell.

This is for your own safety as well as theirs, just in case.

Symptoms to look out for

| HAVE I GOT A COLD, FLU OR COVID-19? | | | |
|---|----------------------|-----------|------------------------|
| SYMPTOMS | CORONAVIRUS | COLD | FLU |
|  FEVER | Common | Rare | Common |
|  FATIGUE | Sometimes | Sometimes | Common |
|  COUGH | Common (usually dry) | Mild | Common (usually dry) |
|  SNEEZING | No | Common | No |
|  ACHES & PAINS | Sometimes | Common | Common |
|  RUNNY OR STUFFY NOSE | Rare | Common | Sometimes |
|  SORE THROAT | Sometimes | Common | Sometimes |
|  DIARRHOEA | Rare | No | Sometimes for children |
|  HEADACHES | Sometimes | Rare | Common |
|  SHORTNESS OF BREATH | Sometimes | No | No |

The main symptoms to look out for are:

- A fever
- A new, continuous cough

Please note that having these symptoms doesn't necessarily mean you have Coronavirus. And you can also carry the

virus without having any symptoms at all.

If you have symptoms

If at all possible, isolate yourself from other people before moving on to the next step.

If you have a phone, call the NHS for free on 111 or go online to <https://111.nhs.uk/> and they will advise based on your symptoms and your situation. If you are rough sleeping or sofa surfing, make sure you tell the NHS if you speak to them. This will affect the advice you are given.

If you do not have a phone, ask someone you know or at a service you use (like HARP's Bradbury Day Centre) to call 111 for you. They may advise you to get tested or to keep away from other people ("self-isolate") for a period of time. If you think the advice given will impact you negatively in terms of your mental or physical health, please contact local services for support.


Contact HARP

HARP, Bradbury Day Centre, 103-107 York Road, Southend-on-Sea.

Phone: 01702 430696
www.harpsouthend.org.uk

Getting tested for Coronavirus

At present, you can only get tested for Coronavirus if you are referred by 111. If this is recommended, they will tell you where to go to get tested.



CORONAVIRUS

If you're concerned about Coronavirus/COVID-19, or you just want some more information — make sure you're getting it from a reputable source.

Visit nhs.uk/coronavirus for all the latest updates, and use www.111.nhs.uk/covid-19

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