

ENGLISH



PROTECTING YOURSELF FROM COVID-19

Observe the rules, keep safe, stop the spread



We're in this together

The Covid-19 pandemic has spread all over the world. Covid-19 spreads most commonly when people are in close contact with each other.

A person can be infected when invisible droplets containing the virus are inhaled or come directly into contact with the eyes, nose, or mouth. One in three people have the virus but have no symptoms. This is why it is important to follow the keeping-safe rules.

Governments everywhere are **taking steps** to control the spread of the virus. **Each one of us** can also **take steps** to **reduce the spread**.

In this leaflet, we share information that you can apply to **protect yourself** and others in **your family** and **community**. Please **follow the rules** in your daily life and also tell others to do the same by **sharing this leaflet**.



Wear a mask outside your home

Always wear a mask when you are outside of your home, no matter where you are and especially when you are in groups of six or more people. Wear your mask so that it covers your nose and mouth. If you are reusing your mask, try and wash it as soon as you get home. Always keep your mask in a clean place. Do not share your mask with anyone. Do not touch your eyes, mouth or nose if you are outside and not wearing a mask.

Wash hands frequently

Wash hands with soap and water often, especially when you come back from outside and before you touch anything in your home. Always wash hands before eating food.



Keep social distance

When you are outside and in groups keep at least 2 metres distance between you and other people. Do this when you are shopping, dining out (if this is allowed) and joining outside activities. Always keep your mask on when in groups inside and when you are outside.



Connect with people via the phone

Whilst the infection rates are high and lockdown or restrictions are in place, speak or chat to people through the telephone or digital device.

Do not gather in large groups. Avoid meeting socially as much as possible until you get information that it is safe to do so.

Even then, always be alert and stay safe by wearing a mask when you are outside your home. Keep doors and windows open so air can circulate indoors.



Breathe fresh air

Try and get to open air spaces and breathe fresh air. Keep your home ventilated as much as possible.

Opening windows and doors at home is the simplest way of improving ventilation and letting in fresh air for most people. Opening windows and doors at opposite sides of your room or home will also provide a good flow of fresh air (this is known as cross ventilation). Try and stay away from spaces where air circulation is poor.



Get vaccinated

The Covid-19 vaccine has been developed to protect you from the virus. Some people worry about getting the vaccine. If you are worried, talk to your doctor.

Do not avoid the vaccination team when it comes to your village or neighbourhood. Go to the vaccination centre if you get a message to get vaccinated.

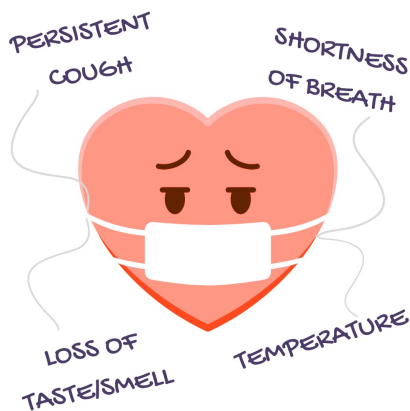
Getting the vaccine will reduce the risk of getting the virus and even if you do get it after vaccination, it will reduce the severity of the symptoms.



Self-isolate and get tested

If you or anyone in your home has tested positive or shown any of the common symptoms of Covid-19, you must inform the doctor and self-isolate for 10 days. Other people in your home must also self-isolate. It is important to get tested as early as possible when your symptoms are mild.

If your test is positive, you can get treated early and isolation will stop the spread of the virus. Take the test if a Covid-19 testing volunteer comes around to your home or community or go to your local testing facility.



PROMOTING WELL-BEING DEVELOPMENT TEAM

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