

# MALVERN HILLS



Cases of Covid-19 are rising rapidly in this area and we need your help to **reduce the spread of the virus, protect our NHS and save lives.**

Around  
**1 in 3**  
people who have  
Covid-19 don't  
realise it

That's why it is important we all act like we have the virus and reduce our social contact to control the spread.

# YOU MUST NOW STAY AT HOME

**This is the single biggest thing we can all do to save lives. You can leave home for the following reasons:**

- ✓ **To shop for necessities, for you or a vulnerable person**
- ✓ **To exercise with your household (or support bubble) or on your own with one other person. This should be limited to once per day, and you should not travel outside your local area. Your local area is the village, town or part of the city where you live**
- ✓ **To meet your support bubble or childcare bubble where necessary, but only if you are legally allowed to form one**
- ✓ **To go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home**
- ✓ **To seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)**
- ✓ **To attend education or childcare - for those eligible**

You should limit the amount of time you spend outdoors and keep 2 metres from people not in your household or support bubble. If you cannot imagine a sofa or bath between you and another person, then you are probably too close.

## Advice for the extremely clinically vulnerable



If you are extremely clinically vulnerable you should now start to shield again. You will shortly receive a letter telling you what this means for you.

Generally, you must stay at home. You should not:

- ✗ Go to work, even if you cannot work from home
- ✗ Go to shops. Ask friends or family to collect food and essentials for you or use online delivery services
- ✗ Go to pharmacies to collect medicines. Ask friends or family to collect for you or use online delivery services

You can go outside but you should limit the time you spend outdoors, avoid crowded areas and keep 2 metres from others.

You can remain in your support bubble but try to keep a safe distance from others in your household.

Unless you are extremely clinically vulnerable, you do not have to automatically shield just because you are over 70. This does make you more vulnerable to Covid-19 though so you should follow the general rules and stay home as much as possible.

## Help accessing food and other essentials



If you need help and support with getting food, medicines or other essentials then please visit [www.worcestershire.gov.uk/here2help](http://www.worcestershire.gov.uk/here2help) or call 01905 768053 and press 3.



## Advice on safe shopping

While shopping for food and necessities you should:

- ✓ Limit the amount of time you spend in store
- ✓ Sanitise your hands before entering the store and wear your face covering correctly (unless you are legally exempt)
- ✓ Try not to touch products unless you are planning to buy them
- ✓ Keep a safe distance from others, 2 metres if possible
- ✓ Try to use online delivery or click and collect services or shop at times when stores are likely to be not as busy



### If you have symptoms of Covid-19

Even though we must stay at home, it is still really important you get a test if you have symptoms of Covid-19.

The main symptoms to look out for are:

- ✓ **A high temperature** – this means you feel hot to touch on the chest or back
- ✓ **A continuous cough** – coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ✓ **A loss of or change in taste or smell**

### You can get a test online or by calling 119.

You must also self-isolate immediately until you get your test results. If you test positive then you must self-isolate for at least ten days, potentially longer if your symptoms do not go away.

You will be given advice on what to do. Self-isolation is different to staying at home. If you are self-isolating you must not leave your household. If you live with others you should:

- ✓ Stay on your own in one room with the door closed as much as possible
- ✓ Avoid using shared spaces (such as a kitchen) at the same time as others
- ✓ Use a separate bathroom, if possible, or use the bathroom after everyone else and clean if after each use, for example, by wiping down surfaces you've touched

**More information on self-isolation is available at [www.malvernhills.gov.uk/coronavirus](http://www.malvernhills.gov.uk/coronavirus)**

## How to wear and use face coverings correctly



Face coverings should be worn in all indoor spaces. In shops, and other places, it is a legal requirement unless you are a child under 11 or you have certain other conditions.

If you do not wear your face covering correctly, or look after it properly if it is reusable, then it will not be protecting you or others.

### Your face covering should:

- ✓ Cover your nose and mouth while allowing you to breathe comfortably
- ✓ Be fixed securely against the side of your face and to your head with ties or ear loops
- ✓ Include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)

### You should:

- ✓ Wash your hands thoroughly with soap and water for 20 seconds or sanitise them before putting on and after removing a face covering
- ✓ Only handle the straps or ties of your face covering
- ✓ Store your face covering in a plastic bag or similar to keep it separate from other items in your bag or pocket
- ✓ Only use disposable face coverings once and put them in a bin after use. Do not drop them on the floor
- ✓ Wash reusable face coverings with your normal laundry. Washing after each use is recommended. Do not tumble dry them as it can damage the elastic
- ✓ Change your face covering if it becomes damp or you've touched it

### You should avoid:

- ✓ Pulling your face covering down around your chin, you should keep your nose and mouth covered at all times
- ✓ Touching the part of your face covering in contact with your mouth or nose as it could be contaminated with the virus





# The NHS is still here for you

Even though the NHS is under severe pressure at the moment, you should still seek medical attention if you need it. You can call **NHS 111** or contact your GP. If your need is a life-threatening emergency, then you should dial **999**.



## Covid-19 vaccine – hope is on the horizon

The Covid-19 vaccine has started to be given to people in this area.

The order people will receive the vaccine is as follows:

1. Residents in a care home for older adults and their carers
2. All those 80 years of age and over and frontline health and social care workers
3. All those 75 years of age and over
4. All those 70 years of age and over and clinically extremely vulnerable individuals
5. All those 65 years of age and over
6. All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over

The Prime Minister has stated he expects everyone in the first four priority groups to be offered the vaccine by mid-February.

Please do not contact your GP or local hospital to ask when you will receive the vaccine. You will be contacted when it is your turn.

**We will get through this together**  
**STAY HOME ▶ PROTECT NHS ▶ SAVE LIVES**



**Malvern Hills**  
**District Council**