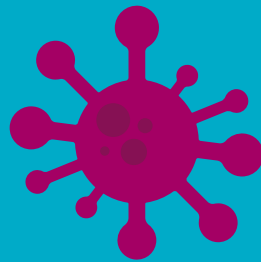# Community Leaders information pack

August 2020

The following materials can be found in this toolkit:

> What to do if you feel unwell

> NHS Test and Trace

> Preventive measures

> Suggested social media content

> How to seek help if you need advice

#StaySafe

What to do if you feel unwell

If you feel unwell and think you may have coronavirus, you should:

> Stay at home (except to get medical care or have a test) for 7 days or until you feel well

> Phone your GP surgery, pharmacy or hospital before you visit. DO NOT go straight there

> Get rest and stay hydrated

> Wash your hands often

> If your symptoms develop, book a visit to a test site to have the test or order a home test kit if you cannot get to a test site.

> Book your test online at **www.nhs.uk/coronavirus** or call 119

> If you can, ask local family and friends, or a neighbour to deliver shopping and medication to your doorstep

> Self-isolate whilst waiting for test results to come back

#StaySafe

NHS Test and Trace

The NHS Test and Trace Service is now available to anyone who displays symptoms of COVID-19. Anyone with coronavirus symptoms can get a free test and must get tested as soon as their symptoms develop, no matter how mild.

The swab takes less than a minute and is pain free. Results from tests taken at test sites are received the next day. People unable to travel to a test site or mobile unit can receive a home-testing kit. Testing is available for all groups in society, including vulnerable groups and people with disabilities.

After the test, you must continue to self-isolate until your test results are known. Anyone who then tests positive for coronavirus will be contacted by the NHS Test and Trace Service and will need to share information about their recent interactions. This will help people to identify who they may have been in close contact with, protecting others from further transmission

People identified as having been in close contact with someone who has a positive test must stay at home for 14 days, even if they do not have symptoms, to stop spreading the virus. Only seek a test if you are showing symptoms.

Book your test online at **www.nhs.uk/coronavirus** or call 119.

Remember, the NHS Test and Trace service will not:

> visit your home

> ask for bank details or payments

> ask for details of any other accounts, such as social media

> ask you to set up a password or PIN number over the phone

> ask you to call a premium rate number, such as those starting 09 or 087

> disclose any of your personal or medical information

The NHS Test and Trace website contains further information about symptoms, what to do and how to isolate.

Preventative measures

Remember, this pandemic is not over. We are going to be living with coronavirus for quite some time, so it's very important that we all continue to follow the national guidance and measures that are in place to keep ourselves and family and friends safe. This is essential to help stop the spread of the virus.

We must all:

> Wash our hands regularly (for at least 20 seconds) or use hand sanitiser.

> Keep a safe physical distance of at least 2m wherever possible. If you cannot, please wear a face covering.

> By law, wear a face covering when we're in enclosed places outside our homes, for example, in shops, supermarkets or on public transport.

> Self-isolate immediately if told to by the NHS Test and Trace service.

> Tell the NHS Test and Trace service who you have been in recent contact with.

> Self-isolate and book a test immediately if you show any symptoms, no matter how mild: www.nhs.uk/coronavirus

One example of our Stay Safe guidance looks like this:

Suggested social media content

We are going to be living with #Covid-19 for some time which is why following national advice must be part of our everyday lives.

If you show any symptoms, no matter how mild, then you should self-isolate and seek a test immediately: **www.nhs.uk/coronavirus**

#StaySafe #LetsDoItForSolihull

Lockdown restrictions are continually being eased and that means more people are out and moving around. This means the risk of catching #CoronaVirus increases. Follow the government guidelines here to make sure you stay safe. **https://www.gov.uk/coronavirus**

#StaySafe #LetsDoItForSolihull

As far as you are able please maintain a physical distancing guidance when you visit pubs or restaurants.

It is always important to drink responsibly but moreso now so you can keep yourself and others safe.

#StaySafe #LetsDoItForSolihull

We know that many of you might have questions about the NHS Test and Trace service, so we want to help you understand it better.

If you would like more information, please visit: **https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works**

#StaySafe #LetsDoItForSolihull

Protect your family and friends against #coronavirus. If you have tested positive for coronavirus, tell the Test and Trace service who you have had contact with.

Find out more: **https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works**

#StaySafe #LetsDoItForSolihull

Have you been in contact with someone who has tested positive for #coronavirus? You must self-isolate EVEN if you feel well. Find out more about #NHS Test and Trace: **https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works**

#StaySafe #LetsDoItForSolihull

To control the coronavirus, testing and tracing must become a new way of life.

If you have symptoms of coronavirus, don't leave home except to get a test.

Book a test at: **www.nhs.uk/coronavirus**

#StaySafe #LetsDoItForSolihull

If you're contacted by the NHS Test and Trace service, you will not be asked to provide any passwords, bank account details or pin numbers. They will also never visit your home.

#StaySafe #LetsDoItForSolihull

NHS Test and Trace will help us get back to as close to or lives as possible by breaking the chain of infection.

#StaySafe #LetsDoItForSolihull

The NHS Test and Trace service will email, phone and text people who have been in close contact with confirmed #coronavirus cases.

But don't worry, you will know the call is official because it will only come from the number 0300 013 5000 or text from 'NHS'.

Find out more: **https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works** #StaySafe

You must self-isolate if you develop:

A new continuous cough; OR
High temperature; OR
Loss/change in your normal sense of smell or taste

No one in your household should leave home if any one person has symptoms.
Book a test: **https://nhs.uk/coronavirus** or call 119

#StaySafe #LetsDoItForSolihull

You must self isolate if you have:

A high temperature
A new, persistent cough
Or a loss or change in sense of smell or taste

Book a #coronavirus test online with the #NHS: **http://nhs.uk/coronavirus**

#StaySafe #LetsDoItForSolihull

To control the risk of #coronavirus:

keep a safe distance from others
limit contact with other people
wash your hands regularly

Visit the Government website for more ways to #StaySafe:
https://www.gov.uk/coronavirus

#StaySafe #LetsDoItForSolihull

If you've been outdoors remember it is still important to wash your hands for at least 20 seconds when you return home.

This is essential to help stop the spread of the virus.
If you're not clear on correct techniques, visit this site for tips and reminders.:
http://nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands

#StaySafe #LetsDoItForSolihull

Remember: when you're outside your household you should keep a safe distance from other people who you do not live with.

#StaySafe #LetsDoItForSolihull

Solihull Council ✓ @SolihullCouncil · 21 May

Our dedicated COVID-19 pages feature lots of useful information and advice, including

📔 Financial support for individuals and businesses
🥘 Help with food
🛡 Shielding
🏫 Schools
🚫🕐 Closures and changes to council services

Visit:
bit.ly/3b6aW7D

Solihull Council ✓ @SolihullCouncil · 1h

Social distancing is still really important.

Please continue to play your part by socially distancing when out and about and wearing a face covering.

Solihull Council ✓ @SolihullCouncil · 4h

No matter how mild your symptoms may be, if you experience any:

🔵 loss/change in sense of smell
🔵 loss/change in sense of taste
🔵 high temperature
🔵 new, continuous cough

You MUST book a test.

Book yours now: bit.ly/3248cWa

Solihull Council ✓ @SolihullCouncil · 18 Aug

We all need to play our part to protect our loved ones and our community from #COVID19

🧼 Wash your hands
😷 Wear a face covering
↔ Keep your distance from those not in your household.
🧪 Get a test and self-isolate if you have symptoms

🔁 Solihull Council Retweeted

Public Health England ✓ @PHE_uk · 4h

Washing your hands more often remains vitally important to prevent the spread of #COVID19.

If you've been outside, wash your hands with soap and water for 20 seconds or use hand sanitiser before touching your face or any surfaces.

Follow NHS advice: nhs.uk/coronavirus

If you need more advice, speak to the NHS 111 online coronavirus service or phone 111.

For further local support visit: **www.solihull.gov.uk**

Solihull
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BOROUGH COUNCIL

URBS·IN·RURE

August 2020