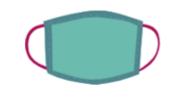


MHA COVID-19 advice for residents going out

As things change frequently, we ask that you always check government and local advice before going out - there is a possibility of localised lock down measures being re-introduced if the number of cases starts to rise in local community.





Wear a mask in shops and on public transport



Wash or sanitise hands frequently



Don't stand or talk face-to-face



Pay using a contactless bank card whenever possible



Limit your time inside, it's safest to be outdoors

	If any of the following apply you should <u>not</u> go out - rearrange any appointments and stay in:
When <u>not</u> to go out	 If you are advised by a doctor that you must 'shield' or are 'clinically very vulnerable'. If you or someone that you have been in contact with have symptoms of or has recently had a positive COVID-19 test result. If there is currently a COVID-19 outbreak, of two or more symptomatic or positive cases, within your home/scheme. Please ask your manager. If your home/scheme, has not been clear for 28 days after the first day of the most recent case. Please ask your manager.
Planning	 To enable us to monitor the number of people coming and going, we politely request that you let the manager or staff team know that you are planning to go out. Where you need assistance to get ready to go out, try to give the staff team 24 hours' notice so that they can be available help you on the day. If your family/close friend is picking you up, advise them that they will need to wait in the car for you. Try to avoid public transport wherever possible – walk, arrange a 'safe' taxi or arrange a family lift. Ask your family to clean touch points in the car before you get in (they will need to do this again when you've finished the trip). Phone to confirm any appointments (e.g. at the hospital or your GP) are still taking place. Check the latest guidance around wearing face masks - this rule varies in England, Scotland and Wales so ask your manager, e.g. is it a requirement on public transport, in NHS settings, in shops? If you are meeting other people, check the legal maximum group numbers - this varies in England, Scotland and Wales.
Before leaving home	 Use your own toilet and thoroughly wash your hands. Please be aware that some public facilities remain closed. Ensure that you have a clean face covering, hand sanitiser, gloves or disinfectant wipes and tissues with you.

	Take your own pen and a payment card. Please note most shops and services are requesting card only payments to avoid using cash.
While out and about	 Maintain a distance of 2m from other people at all times (look for markers on the floor in shops). Wear a face covering as required If you are travelling by car, sit in the back seat diagonally opposite the driver with windows open and wear a face covering. Ask your family to wear a face covering. If you are in a taxi, the driver should wear a face mask. Wash your hands as often as possible, use hand sanitiser on entering and leaving every building you enter. Staying outdoors is safest, so try to remain outdoors where you can. Wear gloves or wipe anything you touch e.g. buying a bottle of shampoo in a shop, pulling open a door, turning a light on, pressing a lift button and using a petrol pump. Be aware of crowds and if you're meeting other people. Remember those around you may not be as compliant/aware as you. Try and stand side to side to people rather than face to face.
Returning home	 Use hand sanitiser outside as you enter the building. Go straight to your room/flat, take off your outdoor clothes, face covering and gloves and immediately wash your hands thoroughly before touching any surfaces (face covering will need to be washed/correctly dispose of face covering and disposable gloves) Speak to the home manager/staff to advise that you have returned. Depending on current situation and testing profile, be prepared to isolate for 10 days or wear a face mask in shared (communal) areas – this may mean usual contacts in the home may not happen.