

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**

When not to go out

If any of the following apply you should **not** go out - rearrange any appointments and stay in:

- 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.

	<ul style="list-style-type: none"> • Take your own pen and a payment card. Please note most shops and services are requesting card only payments to avoid using cash.
<p>While out and about</p>	<ul style="list-style-type: none"> • 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.
<p>Returning home</p>	<ul style="list-style-type: none"> • 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.