

YOUR GUIDE TO CORONAVIRUS

LATEST GUIDANCE ON NEW COVID-19 RESTRICTIONS IN LONDON

Due to the increase in Coronavirus cases, London has now been moved to the 'High Risk' tier. Make sure you are following the rules.



DO NOT SOCIALISE INDOORS

You must not meet socially with friends and family indoors in any setting unless you live with them or have formed a support bubble with them.



WORK FROM HOME IF YOU CAN

If you are able to work from home you should continue to do so.



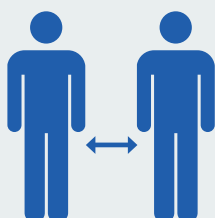
TRY TO REDUCE YOUR JOURNEYS

You can continue to travel, but should look to reduce the number of journeys you make where possible.



WASH YOUR HANDS

Make sure you wash your hands for at least 20 seconds, or use hand sanitiser, regularly.



KEEP A SAFE DISTANCE

Stay 2 metres apart from people you don't live with.



COVER YOUR FACE

Stay safe and wear a face covering. This includes on public transport, in shops and taxis (there are exemptions).



STICK TO THE 'RULE OF SIX'

You may continue to see friends and family you do not live with (or have not formed a support bubble with) outside, including in a garden or other outdoor space. When you do so, you must not meet in a group of more than 6).

HOW DO I KNOW IF I'VE CAUGHT CORONAVIRUS?



New, continuous cough



High temperature



Loss or change to your sense of smell or taste

ANYONE WITH CORONAVIRUS SYMPTOMS SHOULD SELF-ISOLATE AND GET TESTED NOW.



KEEP RICHMOND UPON THAMES SAFE



LONDON BOROUGH OF RICHMOND UPON THAMES

Please remember: There are fines for those who break the rules e.g. £200 for not wearing a face covering or breaking the Rule of Six. If you do NOT self-isolate when asked to – you could be fined up to £10,000

WHAT IF I HAVE SYMPTOMS?

If you have symptoms or have tested positive for Coronavirus, you need to self-isolate for 10 days.

You, or someone you live with, will need to isolate for **14 days** if:

- Someone you live with, or someone in your support bubble, has symptoms or has tested positive
- You have been told to self-isolate by NHS Test and Trace
- You arrive into the UK from a country with a high coronavirus risk

If you are isolating for these reasons you should not leave your home for any reason. If you develop symptoms while isolating then you need to arrange a test, (and if the result is positive you must self-isolate for 10 days from when symptoms started).

If your symptoms are getting worse and you're not sure what to do, use the NHS 111 online Coronavirus service. In an emergency, call 999.

BOOKING A TEST

You should only book a Covid-19 test if you have symptoms or if you have been asked to by a doctor or public health professional. In Richmond upon Thames, testing is available through the regional testing centre at Twickenham Stadium or the mobile testing site at Old Deer Park in Richmond. You can also apply for a postal test on the website below.

To get a free Covid-19 test, you **MUST** book an appointment in advance. Go to: www.nhs.uk/conditions/coronavirus-covid-19/ or call 119

SUPPORT AVAILABLE

If you, or your business are struggling due to Coronavirus, there is a range of support available through the Council and local community organisations.

The Community Hub helpline can signpost you to the latest information and Government advice, as well as other services in the local area e.g.

food or medication collection. If you or someone you know needs this support and they don't have existing family, friends or other support that can step in, then please contact **020 8871 6555** or email: covid19support@richmondandwandsworth.gov.uk

I Need Help online hub can sign post you to support, if you have suffered financial hardship as a result of Covid-19. Go to: www.richmond.gov.uk/i_need_help

Test and Trace support payment If you are unable to work as a result of testing positive for Coronavirus, or have been told to self-isolate by the NHS, you might be eligible for a one-off £500 payment. To see if you are eligible or to apply, go to: www.richmond.gov.uk/isolation_payment or call: **020 8891 1411**

DOWNLOAD THE NHS COVID-19 APP

The NHS COVID-19 app is the fastest way of knowing if you are at risk of coronavirus. The app will allow you to receive alerts if you have been near other users who have tested positive, check in at venues, check your symptoms or apply for a test.

Download the app through your device's APP store, or go to:

www.covid19.nhs.uk



IMPORTANT CONTACTS

BOOK A TEST

To book a free Covid-19 test, go to: www.nhs.uk/conditions/coronavirus-covid-19 or call 119

COMMUNITY HUB HELPLINE

020 8871 6555 or email: covid19support@richmondandwandsworth.gov.uk

I NEED HELP ONLINE HUB

www.richmond.gov.uk/i_need_help

TEST AND TRACE SUPPORT PAYMENT

www.richmond.gov.uk/isolation_payment or call: 020 8891 1411

RICHMOND INFORMATION

www.richmond.gov.uk/coronavirus_information

NATIONAL INFORMATION

www.nhs.uk/conditions/coronavirus-covid-19

SOCIAL MEDIA:

Twitter: @LBRUT

E-NEWSLETTER:

www.richmond.gov.uk/newsletter

PODCASTS:

www.richmond.gov.uk/podcast